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Love Letter — “Protecting Yourself”

My Dear, I just wanted to say ~

You've asked, “How can I protect myself?” Here are my suggestions:

Practice detachment. Relinquish being right or having something to prove, needing approval. And don't take things so personally. Keep your own counsel. You know what's true. Hold onto that.

Treat yourself like the precious object you are. Listen to your body and heed its calling. Be sure to say what you need to say and ask for what you want. Follow through on your promises. Especially to yourself. Pay attention to the things that are important to you. Invest your energies in things that refuel you.

Go so much easier on yourself. Do the things you choose to do and remember to acknowledge and appreciate all you do. Gently accept what you don't. Don't demand that you do everything at once. Stop kicking yourself for what you can't do right now.

Watch what you're saying to yourself and others. Remember your words are powerful.

Most importantly, don't give up. Stay close to your dreams. Keep coming back.

Repeat after me ~ I AM GOOD ENOUGH! I AM GOOD ENOUGH!

*All My Lovin,
A.*