



LETTER TO SELF

For many years I have succumbed to despair and heartache because I have allowed you to sabotage every effort I have made to change my lifestyle. I have made excuses and lied to myself, no, convinced myself that I couldn't be the person I want to be because of and

No more my friend. I am now saying goodbye to feeling like and using as an excuse.

I no longer feel that is an important part of my life, nor do I wish to be the person who because of

I have decided that I matter to myself, to my family, to my friends, to my colleagues. I am an integral part of their lives, and in order to live and love the best way I can, I have decided to take control and be strong.

I am choosing to stand up and fight for me!

Signed by:

Date:

