



## WEEK 8

### Letter to Self – No Postage Required. (Chapter 12)



About midway through my chemotherapy, I attended a workshop where we wrote letters to ourselves. The topic was, “where do you see yourself one year from now?” I was the only one in the room with cancer. I was in treatment and didn’t know what my future held. I was bald. I still had to face radiation and future surgeries.

*Breathe*

I will never forget the feeling I had when I read that letter months later. Here are my takeaways from my letter.

- **Always Be Grateful** – I was reminded of how far I had come and of all I had endured.
- **Envision the Future** – Does anyone really know what their future holds? Why not dream?
- **Appreciation** - What is good at this present moment?
- **Achievement** - A gentle reminder of pivotal successes.



#### REFLECTION TIME

Now it’s your turn. I suggest some music that will help open your heart. Write a letter to your future self. Be very detailed when envisioning your future.



**MESSAGE**  
**I HOPE YOU DANCE!**

*Each Moment  
We're Alive*