JOURNAL PROMPT: Imagine your Woodcarver writing a letter to you ("Woodcarver", as a metaphor, could mean different things for many people: it could mean your Inner Wisdom, your Higher Power, or someone in your life who loves you unconditionally). What would that letter of love, support, guidance & encouragement look like? As you write that letter, *use the words and phrases below for ideas* to write that letter from the Woodcarver to YOU.

Dear beautiful soul,
Dear amazing soul,
Dear kind soul,
Dear courageous soul,
Dear valuable soul,
Dear cherished soul,
Dear healing soul,
Dear capable soul,
Dear fabulous soul,
Dear brave soul,
Dear phenomenal soul,
Dear inspiring soul,
Dear wonderful soul,
Dear not forgotten soul,
Dear remembered soul,
Dear important soul,
Dear never alone soul,
Dear loved soul,

Dear powerful soul,
Dear determined soul,
Dear good soul,
Dear creative soul,
Dear unique soul,
Dear quiet soul,
Dear wondering soul,
Dear pondering soul,
Dear seeking soul,
Dear searching soul,
Dear heroic soul,
Dear beloved soul,
Dear honest soul,
Dear weary soul,
Dear tired soul,
Dear hurting soul,
Dear resilient soul,
Dear precious soul,

Your life is meant to be something more beautiful than you could dream.

You are brave enough.

You are strong enough.

Healing is worth the work it takes.

Keep going - no matter what.

Let pure love in - all the way in.

It is okay to cry if you need to cry.

Every experience has made you into the phenomenal human being that you are today.

It is okay to be afraid... just do no let it paralyze you.

You are doing a great job - keep it up.

You do not need to put so much pressure on yourself.

Sometimes the healing seems to go backward in the middle of going forward - be patient with yourself.

You do not need to punish yourself- please stop punishing yourself.

Everything will be good again- it really will.

You will laugh again.
It is good to laugh.
You will be whole again
It is good to be whole.
You will be happy again.
It is good to be happy.

You are so good inside

You can trust.
It is going to be okay.

Be gentle with yourself.

It's okay to cry, it's okay to hurt.
It's okay to be human.
You are deeply loved.

You are so much stronger than you think you are.

Time will heal that big hurt that you are afraid will be there forever.

Be brave enough to believe the love that is meant for you.

Be brave enough to accept the true kindness of others.

You are going to get to the other side of this.

You are going to be okay.

Things will make sense someday.

You have the strength to do this.

You are not powerless.
You are never ever powerless.

Let yourself walk away when it's time to walk away.

Find the courage to stay when you know it's right to stay.

Stay the course - your course.

You can start right now.

Look closer.

Let your best be good enough because it is absolutely enough.

It is important to surround yourself with souls who love you and believe in you.

Let the healing happen.

Be willing to stop and rest.

You will get through this.

Look for the miracles- they are everywhere.

So many people love you.

Let yourself have hope.

You are so much braver than you think you are.

You are not alone on this journey.

You will heal- you are healing right now.

Everything is going to work out for your good.

it's okay to slow down and rest you need to recharge your batteries.

Everyone has life seasons there are good times and hard times - there are confusing times - nothing stays the same - be patient and try to learn as much as you can from each one - the seasons will change again as soon as it is time.

It is never too late - there is time for you to be happy and whole.

Let yourself tell the truth.

Do not listen to the voices that condemn and criticize.

Listen closer.

You have the ability to create the things you seek but cannot find.

Go where the peace is.
Stay where the peace is.

Let yourself be happy.

Dance to your own music.

Sing your own songs.

Let them take care of themselves.

Think it through.
You are smart.

You have important things to accomplish in your life.

Let it go today.

Stay in your own precious life.

Be kind to your dreams.

You do care. But it is not your job to fix it.

One step at a time.
And then another.

Look yourself in the eye and say something kind.

It's just a hurdle...step over it.

Bad days will still come along - you will make it through them no matter what happens.

You are learning things that will help you for the rest of your journey.

Trust this love.

Let the love in.

Please believe in yourself.

You were born to be free.

Let yourself be free.

Set your heart free.

You are so valuable.

You are so important.

You can do this.

You are amazing.

You are beautiful.

You are so brave.

You are not alone.

Remember what you know.

You matter.

This matters.

Of course you can.

Have no fear.

There is no one else like you.

You can begin again- you can be whole and new.

No one can understand the depth of your pain - and someday you will be able to help another who has the same kind of pain that you are experiencing now.

Life is hard sometimes.
Let others love you.

You can do this.

Light up the world.

Good days are ahead.

Keep shining your light.

Try to love this day.

Having gratitude is a great road to happiness.

Trust yourself.

Be yourself.

Look within.

Let nothing take your peace from you.

Protect your peace.

You are getting stronger every day.

You are important.

You are just right exactly as you are.

You get to be happy now.