Module 11 - Letter to Yourself

I Am Taking Daily Imperfect Action

Once you've written your letter:

You've got some options! You can tuck it away in it's envelope, or in a file on your computer, and set a timer to remind yourself to open it in the future. Or, you can just wait until you feel you need to read it again.

Alternately, you can seal and self-address the envelope that contains your letter, then put it inside a second envelope and send it to me! Then and at some point in the future I will send your envelope back to you. I'll provide the stamp.

It will be between 6 and 9 months, so make sure you use an address that you'll be at in the future. If you're not sure, just let me know and I can check with you before I send it. It'll still be a bit of a surprise, as we often forget what was in the letter to begin with!

My address is:

Meagan Walker
182 Bridgeport Road East
Waterloo, Ontario, Canada
N2J 2K5

The Mind/Body Empowerment Method - Copyright Meagan Walker, 2020 and Beyond