

# Valentine's Day: My Soulmate Love Letter to Myself

## Directions:

**As a Valentine's gift to yourself today...** Write a love letter to yourself that you would want to receive from your soulmate—as if it were written from your soulmate love to yourself...then read it aloud to yourself and **feel the feels** of how receiving such a letter makes you feel! This is your first big step in self-love... something we focus a lot of time on in ***The Soulmate Solution***.