

# THE PROJECT LOVE GUIDE TO WRITING YOURSELF A LETTER FROM YOUR WISE OLDER SELF



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[loveprojectlove.com](http://loveprojectlove.com)

Learning to speak to yourself like you would your best friend - with love and support - is one of the most powerful things you can do. It is a life changer and key to your happiness and success.

Just imagine what it would be like to spend a day with a voice in your head that was loving and supportive, that was always there for you, that had your back and would let you know that you were loved.

Wouldn't that feel great?

Imagine all the things you would have the confidence to do. You would make yourself a top priority in life and fill that life with the things that made you happy. You would look after yourself well, follow your dreams and design a life for yourself that you truly loved. A life that would *feel* as good as it looked.

Now think about the voice that you tend to use on yourself day to day. Often we are our own harshest critics, with a voice in our head that is constantly pointing out what we have done wrong and how we should have done better.

A day of listening to that kind of voice is exhausting, feels rubbish and has you playing small.

So this Valentine's Day we are encouraging everyone to turn up the volume on their loving inner voice to hear what it has to say.

How? By writing a letter to yourself from your wise, older self

It is a simple exercise that can be surprisingly powerful...

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## Here is what you do:

Imagine you are connecting with your wise, older, 80 year old self. You have become deeply fulfilled, happy and content. You ended up living a wonderful life, doing work that you loved and you lived in a way that made you very happy.

With the gift of hindsight your 80 year old self knows that everything works out well for you in the end and right now they want to give you some encouragement, love and support at this point in your life, knowing the desires and challenges you have at this time in your life.

Write what you think your wise older self might want to say to you. You might at first think that you won't be able to come up with anything, but people are usually surprised at how much flows out onto the page.

Once you've written the letter, send it to yourself and you'll receive a letter of love and support in the post a few days later.

We would LOVE to feature your letter in our #selfloveletter stream on social and over on [loveprojectlove.com](https://loveprojectlove.com)

## Come and share it with us on:

Instagram [@loveprojectlove](https://www.instagram.com/loveprojectlove)

Twitter [@\\_projectlove](https://twitter.com/_projectlove)

Via email - [hello@loveprojectlove.com](mailto:hello@loveprojectlove.com)  
(you can always remain anonymous if you prefer)

Happy Valentine's Day!

Love, Selina & Vicki x

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