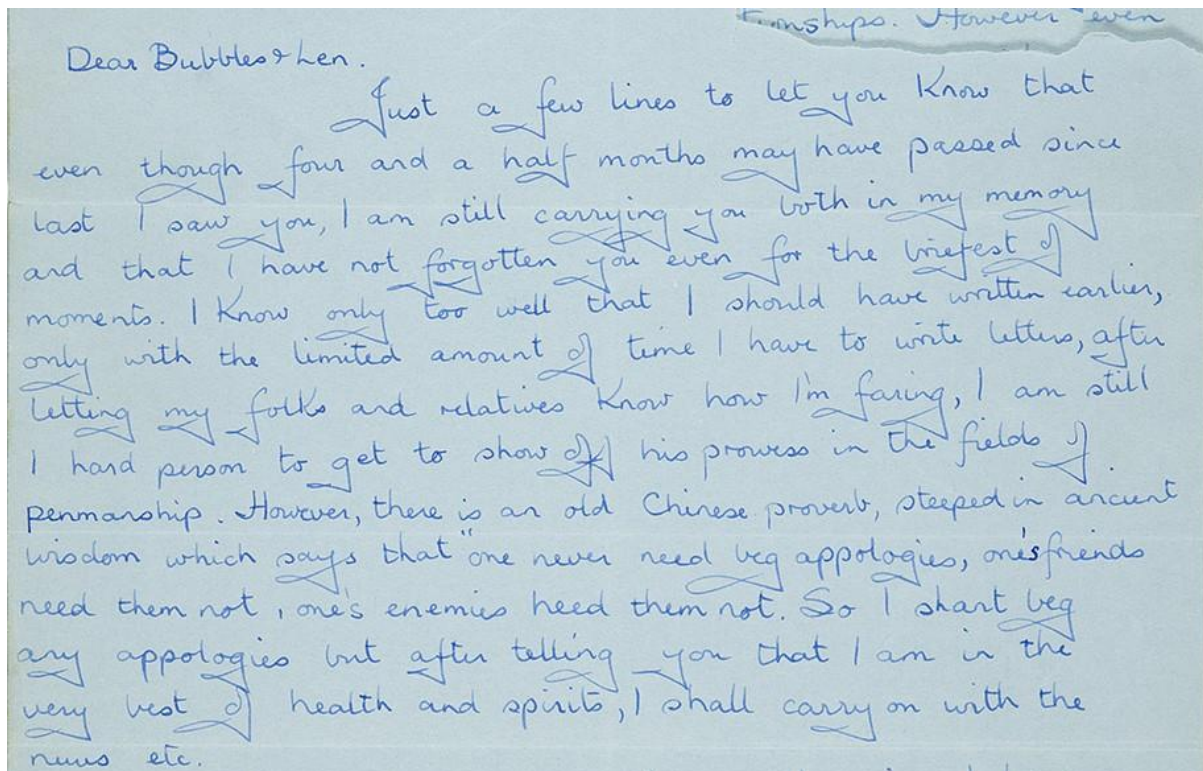


Journaling

This is a letter from our collection written by Sammy, who has moved away and is writing a letter to his friends.



Letter text

Dear Bubbles & Len,

Just a few lines to let you know that even though four and a half months may have passed since I last saw you, I am still carrying you both in my memory and that I have not forgotten you even for the briefest of moments. I know only too well that I should have written earlier only with the limited amount of time I have to write letters, after letting my folks and relatives know how I'm facing, I am still I hard person to get to show off his prowess in the fields of penmanship. However, there is an old Chinese proverb, steeped in ancient wisdom which says that "one never need beg apologies, one's friends need them not, one's enemies need them not. So I shan't beg any apologies but after telling you that I am in the best of health and spirits, I shall carry on with the news etc.

Read the letter. What feelings does the author express? If you got a letter like this from a friend, how would you feel?

Task: write a letter of appreciation to yourself. This is a letter in which you say nice things that make you feel good about yourself. If you want, you can follow one of these prompts:

- Write down three things you are grateful for right now.
- What makes you feel most inspired?
- What are five things about yourself you want people to know?