

Dear [Your Name],

Here I am, amid [situation]. It has taken up a lot of my time and energy, worn me down, but I've survived it all. I will celebrate myself.

I took the information that was given to me and made the best decision I could, given the circumstances at hand. I've made progress, I've come so far, and I continue to grow every single day, no matter what obstacles the world throws at me.

I am proud of my resilience, your strength, and how far I've come.

I trust in my abilities to stay centered, focused, and open doors that will lead me to the places I want to be. I trust in the Universe, and that I am in the right place at the right time. I believe that I have everything I need to keep moving forward in my journey towards growth and success.

I move with courage and faith in my abilities and talents. I am willing to believe that these will see me through to the other side of my current circumstances.

I know I can overcome all difficulties with my own power and the love, support and respect of those around me. I am excited to share my capacity to express myself with the world and know my willingness to learn will lead me to new and greater heights.

I exist in gratitude and at peace with the Universe and my own self.

Full of hope,

[Your Name]