



15 ways to make peace with yourself



1. Write an apologetic letter to your inner child

2. Dedicate 2-3 songs to recognize & encourage yourself

3. List 15 points that you appreciate yourself all these years

4. Treat yourself a life changing learning workshop

5. Start to take great care of yourself

6. Forgive yourself intensively (1 thing daily) for 30 days

7. Make intensive daily encouragement for 30 days

8. Treat yourself a meal and express gratitude to yourself

9. Express thanks to your body and admire it

10. Share vulnerable moments with yourself

11. Set up a lifetime commitment in having quality self-time

12. Clean up the past wounds and declare the intention to heal

13. Standby your boundaries and voice up when needed

14. Be aware of your strengths and values everyday

15. Forgive yourself and others - restore yourself with love





15 points you appreciate yourself



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15.

A large heart shape filled with gold glitter, containing 15 horizontal dotted lines for writing.



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