

Week Ten: Dear Me...

“Embrace the flow of your life path, living with grace and ease while showing love towards yourself and others along your journey.”

– Nanette Mathews



Life is full of bumps and bruises...good times and bad. People come and go, children are born and grow up. There are Birthdays and holidays and school and work and death and vacations, ballgames, soccer games, parties, fights, friendships, hardships. There are quiet times and busy times and loud times. There are surprises and miracles and loss.

All of it...every little bit makes up *who we are Today*.

Our Assignment

This week's art therapy assignment may, at first seem hard. But I PROMISE you it is SO HEALING! I just KNOW it will bring you PEACE!!

It's time to write a letter to YOURSELF. Go back through your Timeline from last week and pick out a few pivotal moments in your life. Those moments that shaped who you are today. I imagine most of what we pick will be something that has brought sadness, anger, bitterness, etc. to our adult lives. Now I invite you to write a letter to YOURSELF.

An example

“Dear Leslie,

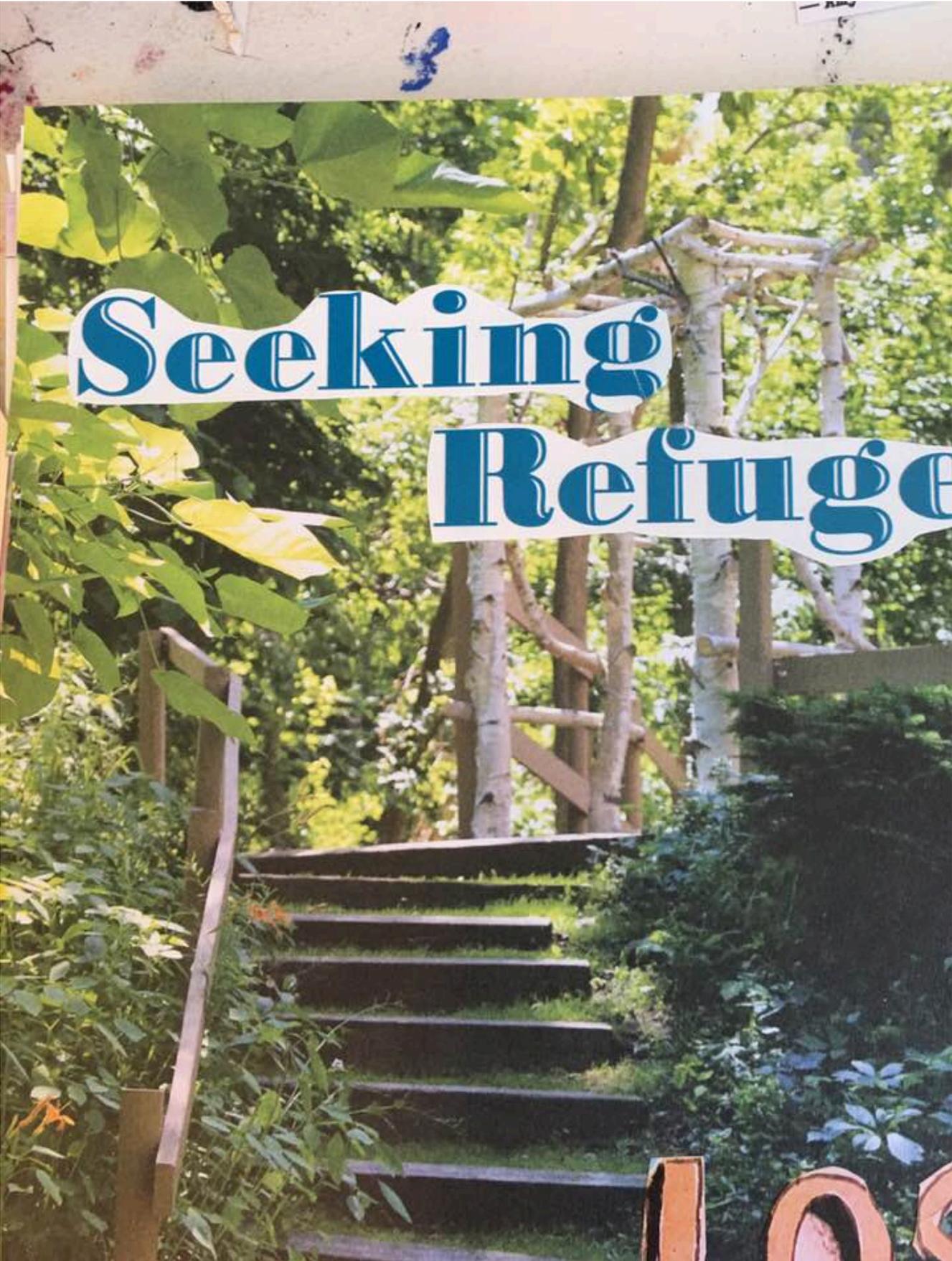
I want you to know how very much I love you. I KNOW things have been so hard for you with all the fighting and arguing that goes on in your home. It's no wonder it's hard for you to find the Peace you want. I UNDERSTAND that pan of rolls tastes so good...makes you feel so good. I KNOW how lonely you are. And scared and sad. But I also KNOW how STRONG AND BRAVE you are, Leslie.

YOU ARE.

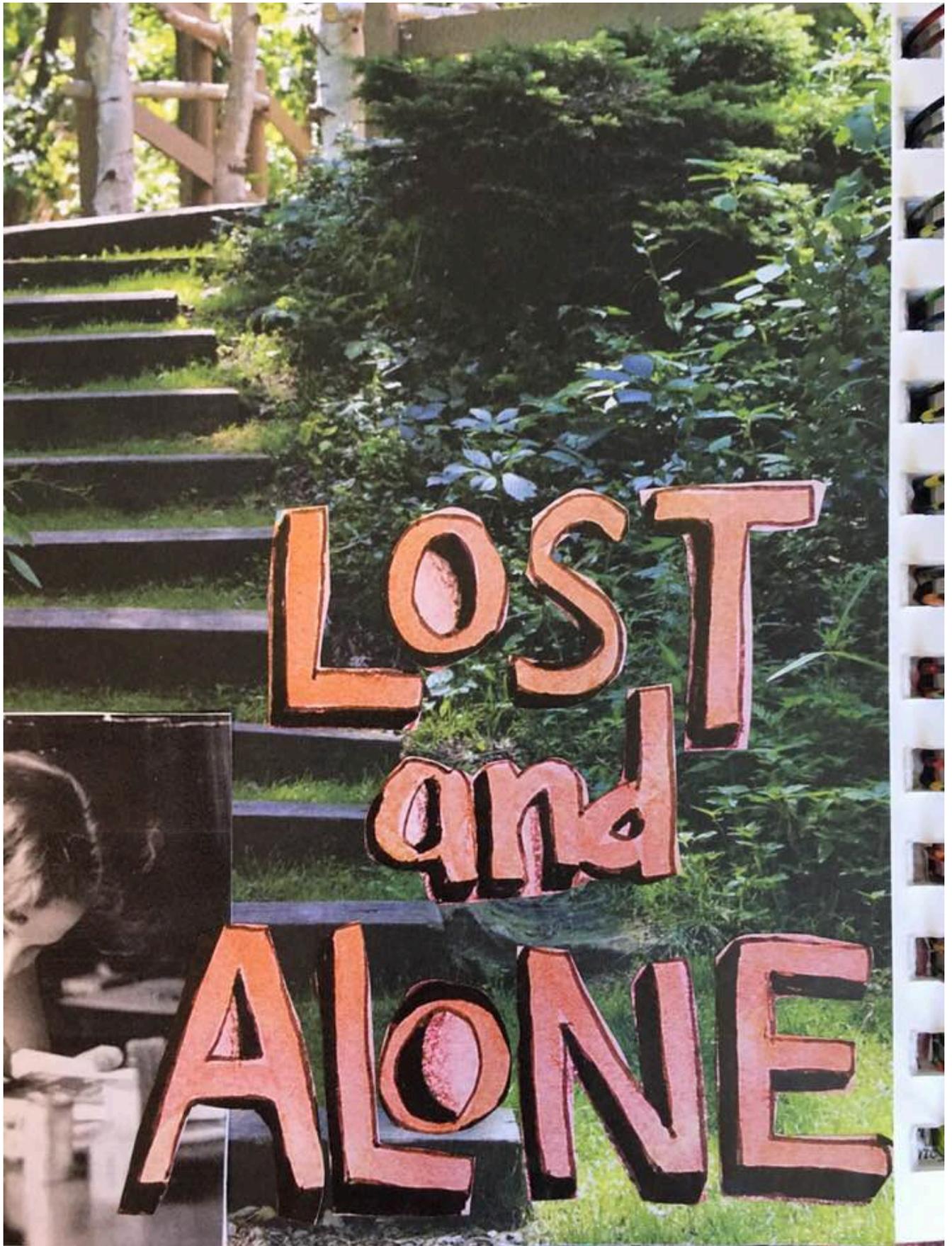
All my Love,

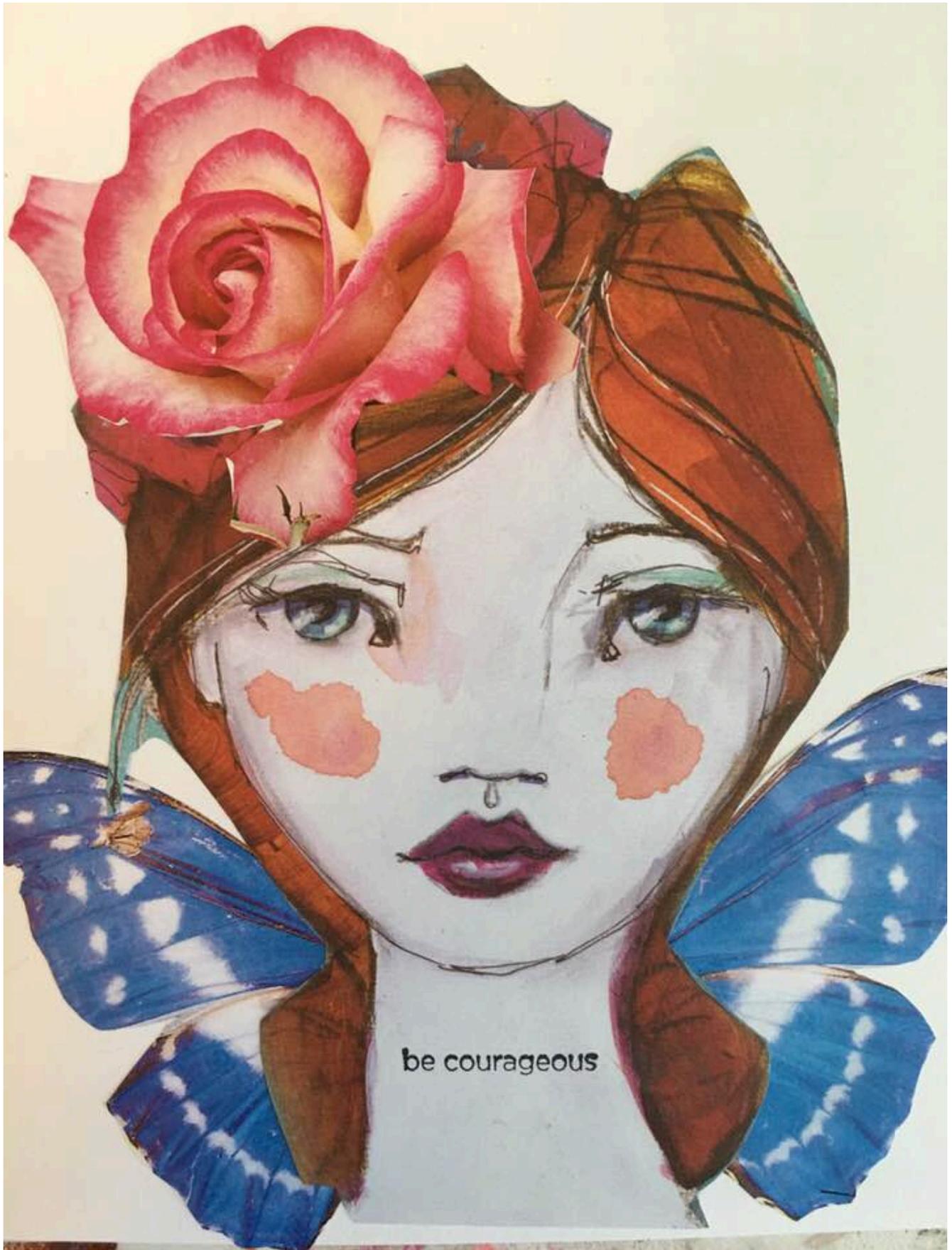
Me”

Here is a peek into my two-page art journal spread...



**Seeking
Refuge**





Be sure and look for my process video on YouTube on Wednesday.
Here is a FREE print-out for you to use in your journals.

[Week Ten _I Say Yes_](#)

You can join us in our Private Facebook for [I Say Yes.](#) We would LOVE to have YOU!

If you are new to our class [click here](#) for the first 9 weeks of lessons and videos.

I want to leave you with this inspiring reminder...



Your path is
beautiful and
crooked and just
as it should be.

CREATEASFOLK.COM

Hugs, girls!

xoxo

Leslie