

**“I Say Yes” Art Journaling Class by Leslie Ackman
Week Ten: Writing a Letter to Yourself**



“Dig deep and empower yourself today. Stand in your inner strength. Be uniquely you.”

— Amy Leigh Mercree

“The greatest explorer on this earth never takes voyages as long as those of the man who descends to the depth of his heart.” – Julien Green

“When you can tell your story and it doesn't make you cry, you know you have healed.”

Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward.

-C.S. Lewis

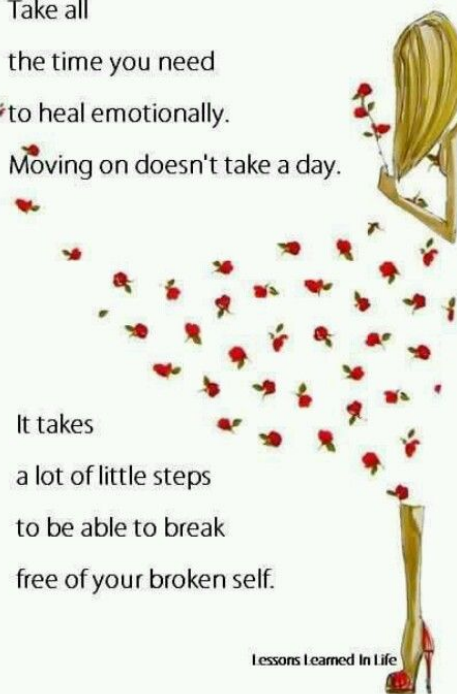


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Time won't make you forget, it'll make you grow and understand things...

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Take all the time you need to heal emotionally. Moving on doesn't take a day.



It takes a lot of little steps to be able to break free of your broken self.

Lessons Learned In Life