

Dear _____,

You are a very positive person, always seeking the positive in others. It is time to do the same for yourself. Today is a new chance to live to your full potential- what will you do? You have friends and family that love, respect, and care about you. Today I challenge you to show yourself that same love, respect, and care. Set a goal for today, even if it is a little one such as "reading 5 pages in a book of choice." In the past you have fallen in the trap of questioning your intelligence and today I challenge you to seek out and learn something new. You are a very capable person and I also challenge you to exercise for at least 15 minutes today. At night, take some time before bed as an opportunity to release any anxieties or concerns you have. Update this letter as needed. Today hit the ground running, and if you fall down, get up, because you will never learn without trying.