

Feb 6th, Tip of the week: Honor yourself and your journey to date

This week, you will write a letter to your journey to honor how far you've come. Often , we are too focused on what's next and forget to celebrate what we have accomplished thus far.

Write a letter.

*prompts to get you started:

- When did your journey start?
- What is a defining moment in your journey?
- What did the moment teach you?
- What obstacles have you faced?
- How did you overcome them?
- Where do you hope your journey will take you?

Dear journey,

