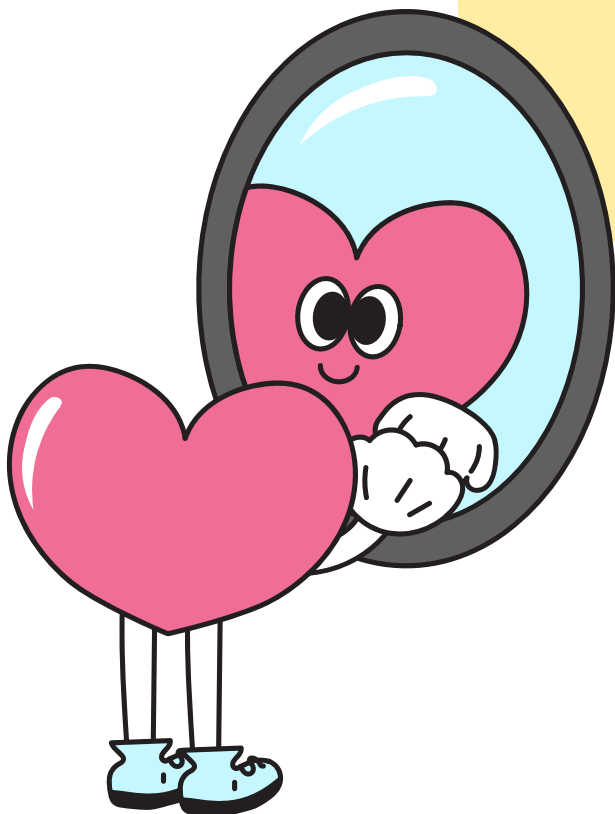


# WRITE A LETTER TO THE MOST IMPORTANT PERSON IN YOUR LIFE: **YOU!**



Dear ME,  
I know you're doing  
the best you can.  
I believe in you.  
Keep going. ❤️



Get started!

LETTER TO ME



---

---

---

---

---

---

---

---

---

---

If you or someone you know is looking to seek professional help, reach out to us at **The Mood Space**, <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

