



Protecting My Peace

Shannon Lee



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How to Use Your Love Letter Page

This page is your space to write a heartfelt love letter to yourself, to your future self, to your inner child, or even to the women in your life who deserve their flowers. It's not about perfect words; it's about honest words. Let it flow.

Use the prompts as gentle guides:

My Dearest _____

Begin with who this letter is for. It could be "My Dearest Me," "My Dearest Sister," "My Dearest Future Self," or anyone your heart is calling.

The Joy You Bring

Write about the light, the laughter, the hope, or the strength this person (or yourself) brings into your life. Name the ways you feel seen, loved, or worthy.

My Promise to You

Here, make a vow. It can be as simple as, "I promise to rest more," or "I promise to cheer you on." Think of it as planting seeds for growth and protection.

Forever Yours

Close your letter with love and commitment. Seal it with your name, your heart, or even a little doodle that marks this moment as sacred.

This love letter is a gift you get to return to whenever you forget your worth, or whenever you need to remember the love you've promised yourself.



My Dearest _____

The Joy You Bring

My Promise to You

Forever Yours



SELF-LOVE

Schedule



MONDAY

TUESDAY

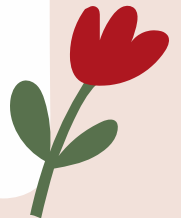
WEDNESDAY



THURSDAY

FRIDAY

SATURDAY



NOTES

PRIORITIES





SELF-LOVE

Schedule



MONDAY

TUESDAY

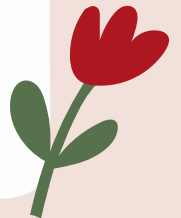
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NOTES

PRIORITIES



To do List

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[illegible]

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