# SELF-LOVE LETTERS



## **PURPOSE:**

# Why?

Nurture self-esteem and foster a positive self-image with our Self-Love Letters Activity! This empowering exercise encourages you to reflect on your strengths, celeberate your unqiueness, and cultivate a habit of self-compassion.

## **HOW TO:**

# **Materials & Budget**

- Stationery (\$15 or free if you can use school materials)
- Pens or pencils (\$5 or free if you can use school materials)
- Stickers (\$5 to \$10)

Most of these materials can be found in classrooms (make sure to ask your teachers if it is ok to take extras) but if you would like to spend some money, set aside about \$20 to \$30 depending on the amount of people who participate.

#### Instructions

- Take out a sheet of stationery and your favorite pen or pencil.
- Use some of the following prompts when writing your self love letter:
  - I love you because...
  - o I appreciate you because...
  - I am proud of you because
- If you want, you can decorate the letter with stickers.
- You can carry the letter with you and read it whenever you need an instant boost of love.

#### **Timeline**

You need to plan this event 1-2 weeks in advance. It requires going shopping. The actual activity should take 20-30 minutes

#### **Impact**

This activity is great for club meetings as it's relatively quick & easy to do individually.

## Example(s)

Check out this awesome, customizable template from the Asian Mental Health Project!

february 14, 2024 self-love letter template Dear [Your Name], I want to express my deepest appreciation and love for you. In a world that demands so much from individuals, I am so much more than external expectations of me. I want to thank myself for my I am proud of the way I have I also want to acknowledge my I celebrate my uniqueness. There is no one else in the world quite like me, and that is inherently beautiful. I embrace all aspects of myself, including and my\_ I extend kindness onto myself. I am deserving of love and happiness just because I am. I promise to continue nurturing and honoring myself, for I am truly deserving of my own love and affection. With unconditional love. [Your Name] @csianmentalhealthproject Example from Newark Charter High School BC2M!



Post photos from this activity to your club Instagram and tag @bc2mhighschool

