

Self-Compassion Letter

Write a **letter to yourself** about your *current challenges in and out of competition*. Write the letter as if you were writing to a good friend. What **support, encouragement and insight** can you offer them. Don't filter what you write or overthink it. Once you've written it, **re-read** it regularly as a reminder of how to speak to yourself. If you aren't **on your own side**, who will be??

To: