

Write a love letter to your inner playful child

Example: Dear _____, I'm sorry for the times I ignored you. It is ironic that feeling ignored is my most painful feeling and that is what I did to you!

I now commit to listen to you, to remember to play and be creative. I now listen to your call to get outside, connect with nature, play with my dog, be light hearted, embody your energy as much as possible. You are my life force. I see you!

