

# OPERATION LOVE LETTER

#LoveLetterChallenge

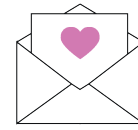
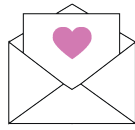
## WHAT IT IS :

Operation Love Letter is taking the time to write a letter of love to the most important person in the world...**YOU!**

Whatever love you want in life must *first* start with the love for *yourself*. My grandfather use to say, "Almon, make sure you establish a great relationship with the only person you know for sure you will always be with: Yourself!" And my mother would often say, "You can't give what you don't have." I was very fortunate to have people in my life that helped me to understand the importance, value, and power of self love.

Loving yourself requires accepting your flaws and knowing that you are forever a work in progress. It's maximizing your human capacity every day to serve others. It's loving yourself without needing validation from family, friends, or peers. It's dedicating your daily walk to doing the work required to be the best version of yourself each day. To truly love yourself is to know that you are always becoming, evolving, and growing as an individual.

The Operation Love Letter Challenge is to write yourself a love letter. Tell yourself what you love about you. Encourage yourself to continue to learn, risk, and grow each day. Be your biggest fan by showing yourself love. To love yourself is to value yourself and when you find and know your value, you will find your voice. So take the challenge and spread the love.



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## HOW TO DO IT :

1

Look in the mirror and ask yourself, “What do I love about ME?”

*(the mirror doesn't lie)*

2

Get a noptepad, notebook, or several sheets of loose paper.

*(trust me, one sheet isn't going to be enough)*

3

Find a quiet place to write.

*(be still so you can hear yourself think)*

4

Write about what you saw in the mirror.

*(write what you hear yourself think- don't worry about the organization of your thoughts)*

5

Once your thoughts are written down, go back and organize them into a love letter!

6

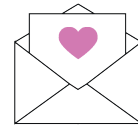
Go back to that mirror and read your letter to yourself.

*(trust the process)*

Trust the process! Live, Laugh, and (most importantly) LOVE... yourself!  
Every day is game day. Focus to win.

-Almon





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Lined writing area for the love letter.

