**Write a love letter to yourself**

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| **Past Self** |
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| **Present Self** |
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| **Future Self** |
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| **How do you see yourself physically?** | **How do/can you love yourself physically?** |
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| **How do you think of yourself mentally?** | **How do/can you love yourself mentally?** |
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| **How do you treat yourself psychologically?** | **How do/can you love yourself psychologically?** |
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