

Letter to Self

This week, we wrap up by writing a heartfelt letter to our future selves. This act serves as a healing process and celebrates new beginnings, encouraging us to embrace living a new day and new experiences beyond cancer.

NOTE FROM AUTHOR

About halfway through my chemotherapy, I took part in a workshop that encouraged us to write a letter to ourselves. At that time, I had just received my diagnosis and was the only one in the room confronting cancer. Actively undergoing treatment, I felt uncertain about my future. I was bald, had yet to start radiation therapy, and still faced several surgeries ahead. The emotions that overwhelmed me when I read that letter addressed to myself are unforgettable.

During my radiation treatments, I pinned it to the wall but didn't think much about it. However, when I revisited it a year later, I grasped the profound life lesson it conveyed. Since then, I have made it a tradition to write one each year. This practice has evolved into a cherished ritual, allowing me to pause and reflect through the chaos of life, honoring my journey and recognizing both the highs and lows. Each letter is like planting a seed of hope, reminding me that I can navigate whatever challenges come my way.

Through these intimate conversations with myself, I have discovered a deeper sense of self-awareness and acceptance. Each letter stands as a testament to my journey, reminding me that I am defined by how I rise above adversity.



Dear Cindy, 10/18/2014

Here we sit again having a new conversation. I want to thank you for the courageous fight you so bravely battled and conquered. You cried a lot, but that was the feminine side of you that people love and that was missing. You had become so sad, so I congratulate you on having faith in God and accepting this path. Your determination to find the purpose in all this is finally revealing itself. Your hair looks beautiful!

You are back on the course you began when you met Dan, and your Ashley is back! Tyler is so happy with his choices. You have two wonderful kids, and although they didn't follow the paths of many of their friends, isn't this what you've taught them? To be independent, just like you! Your boldness and the documentation of your cancer treatments have led you to public speaking. You talk about your journey with many others while teaching women to feel beautiful with MOTIVES Cosmetics.TM Your confidence soars, and you have learned to live without cancer as your crutch. I love you for this. Thank you for creating the future that you, Dan, Ashley, and Tyler deserve.

I love you, Cindy



Healing



Joyful Moments Together



Side by side, we're always winning!



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DISCUSSION

Gratitude: Take a moment to recognize and appreciate the progress you've made and the challenges you have overcome.

Envisioning the Future: Although the future holds uncertainty, dare to dream about the life you genuinely desire.

Appreciation: Concentrate on the positive elements of your current life and treasure them.

Reflection: Spend some time revisiting past experiences, acknowledging how they have shaped your path and inspired your goals.

Achievements: Recall the significant milestones you've reached throughout your journey.

Hope: Consider what you want your future self to carry forward from this moment, along with the aspirations you wish to cultivate, regardless of what lies ahead.



I Hope You Dance



Letter to Self



Now it's your turn! Many people find it beneficial to write a letter to themselves. Play your favorite songs on repeat to help open your heart. Take the time to craft a letter to your future self, focusing on vivid details as you imagine what lies ahead.

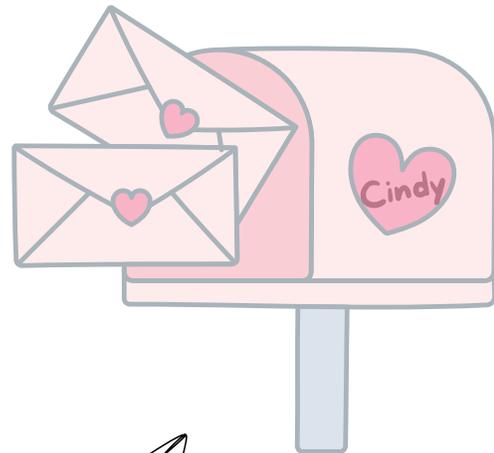
Consider asking yourself these questions:

What will my future look like?

How will I be feeling?

Who will I be with?

What will I be doing?



Once you've completed your letter, place it in an envelope, seal it, and address it to yourself with a forever postage stamp.

Send it to me at:

Cindy Sheridan Murphy

PO. Box 651

West Springfield, MA 01089 ... or give it to someone you trust to mail it back to you in about 6-12 months.



