

Dear me,

I want you to know how awesomely, wonderful you are. Your big shoulders, sensitivity, willingness to love & trust are some of your best qualities. Having big shoulders means you are so dependable and have such a can-do nature. The thing to remember with this one is you need to do this for you too. It's not just other people's burdens, struggles, and troubles that belong on them. Sometimes it's good to put their stuff down and just pick up yours. And oh, that sensitive nature, is such a sweet quality. It is a precious thing to have that you feel other's pain and trouble more deeply than your own. That empathy has made you a good mom, a great actor, and a sweet worker. Being sensitive means you listen, you really, really listen. It's ok. It needs to become more and more important to listen to yourself. Sometimes it's good to take a break from others troubles and put yours first. And those lovely qualities of trust and love. You need to know that anyone who is the focus of your love and trust is blessed and is so, SO lucky to have you! Just because they don't return it, it is no reflection on you! Really truly believe that. Because you are sensitive it will feel that way! Please don't turn off your trust and love. If anything, maybe it's high time to turn those qualities on yourself. You need your love and trust. Love on the inside will make love more recognizable on the outside. Trust. Trust yourself honey, - this is a good thing to trust your gut instinct. It's ok.