

ON THE HEALING JOURNEY · FREE DOWNLOAD



{ a letter writing kit }

Notes to *Future You*

five letters every woman should write

*To the woman you used to be. The woman you are now.
The woman you are becoming. The sister who comes
after you. And to God.*

A FREE WRITING KIT FROM AUTUMN

A NOTE BEFORE YOU BEGIN

Before *You Begin*

There is something sacred about putting it on paper.

The thoughts that loop in your head start to settle when your hand has to slow down to write them. The truth gets clearer. The lies get smaller. The version of you you have been hiding from gets a little closer.

This is not a journal. It is five letters. To the women you have been, the woman you are, and the woman you are becoming. Plus one for the sister coming after you, and one for the God who has been with you the whole time.

Write honestly. Date them. Come back to them. Watch yourself become.

with love,

Autumn

LETTER ONE

To the Woman *I Used to Be*

she did her best with what she knew.

Write to her with grace, not blame. Tell her what you wish she had known. Tell her you forgive her for what she did not know yet. Tell her you are proud of how far she has come.

Dated _____

LETTER TWO

To the Woman *I Am Right Now*

she is in the middle, and the middle is holy.

Tell her the truth about where she is. The good parts and the parts she has not said out loud. Tell her what she needs to hear today. Remind her that the middle is not a failure. It is the work.

Dated _____

LETTER THREE

To the Woman *I Am Becoming*

she is closer than you think.

Describe her. What does she choose? What has she let go of? What does she pray about? Who is she around? Write her like she already exists. Because she does.

Dated _____

LETTER FOUR

To the Sister *Who Comes After Me*

the one who needs to hear what you wish you had been told.

Write to a woman you may never meet. The one going through what you went through. What would you tell her? What truth do you wish you had heard? What hope can you hand her? Let your story become her shortcut.

Dated _____

LETTER FIVE

To God

the most honest letter you will write.

Talk to him like he is sitting across from you, because he is. Tell him what you have not said out loud. The fears. The questions. The thank yous. The asks. Hold nothing back. He can handle all of you, and he loves all of you.

Dated _____

A NOTE TO CLOSE

Come Back to *These*

You will change. These letters will not.

Date them. Tuck them somewhere safe. Read them on the days you have forgotten how far you have come. Read them on the days you cannot see what is ahead. Read them when you need proof that you have always been held.

You are not the woman you were. You are not yet the woman you will be. But you are exactly who God has you becoming, right now, on time.

Keep writing. Keep becoming.

"She is clothed with strength and dignity, and she laughs without fear of the future."

PROVERBS 31:25

with love,

Autumn