



LOVE LETTER

12 weeks. 60 exercises, tools and reflections. Countless breakthroughs had with a fierce commitment to yourself and your greatness. Your courage and dedication are truly admirable.

Today, you get to celebrate YOU. We're asking you to write a love letter to yourself for all that you are: showing gratitude for all that has lead you up to this point and gotten you here, celebrating all the wins and breakthroughs you've had throughout this journey, and showing your self crazy amounts of love + support for the road ahead.

Write this letter as if you have just met the most powerful and most amazing person ever...YOU. Write it as if you have never met someone so inspiring, so breathtaking, so incredible...that you HAD to write this letter—you HAD to get it all out on paper. Write it as if you are newly falling in love with who you are.

Let yourself go there—really allow yourself to drop into your heart space, and fill yourself with immense gratitude for all that you are and all that you give to the world. YOU DESERVE IT.

REFLECTION QUESTIONS: FINAL WEEK!

Send all answers to bridgemethod@gmail.com
with subject: ACCOUNTABILITY FINAL WEEK!

1. How do you feel after this week? What feelings came up for you? What breakthroughs did you have?
2. Now complete with your 12 week journey...how do you feel as a person? What has shifted?
3. What would you say was your greatest breakthrough from the course?

We can't thank you enough for your commitment to yourself! It really lights us up that there are people like you out in the world who are committed to living out their Highest Self, because we know THAT'S what changes the world! Congratulations on completing this journey—we truly hope that you enjoyed it and will take on the tools and exercises as a constant practice in living an incredible life. Keep your eyes peeled on your inbox for a follow up note from us in a few days!

PS- We want to continue to make this course the best possible training out there, so we would love your feedback and testimonials. You can send feedback and testimonials to bridgemethod@gmail.com, or send us a note within your final week accountability saying that we can use your answers from #2 or #3.