



DAY 4

Self Love Challenge

There's nobody more important in this world than you!

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Heal Your Life Workshops

This is your unique opportunity to become an **Internationally Licensed Heal Your Life Trainer** and learn from the experts!

This 7 day residential certification will give you the full manual, tools and the practice to lead intensely powerful transformation workshops, which have impacted millions of lives across the world. Based on the powerful philosophy of Louise Hay, these workshops are currently conducted in 72 countries!

Residential Course (20-27 July 2025)

Know More: <https://www.isra.co.in/heal-your-life-workshop-leader/>

INTERNATIONAL CERTIFICATION





04 Gratitude letter

Write a Thank-You Letter to Yourself

We tend to find it easy to express our gratitude to others. How many of us have taken the time to say thank you to ourselves? This can be really hard for some.

We tend to have such high expectations of ourselves, that we think we need to BE more, or DO MORE, before we deserve the praise and thanks. But that's not true! We are perfect just the way we are, and we are constantly learning and growing.

Today is the day we want you to honour and appreciate yourself. We want you to create a habit of expressing gratitude to yourself so that you can feel strong, vibrant, and positive within, and attract more good in your life.

Writing a gratitude letter to yourself can help you strengthen your relationship with YOU, help you focus on all the things you are grateful for, and provide you with the inspiration to continue growing and moving forward.

Are you ready for this??



04 Gratitude letter

Instructions

1. Set aside at least 20 minutes where you can write without being interrupted.
2. Pick a place where you feel relaxed and comfortable.
3. Decide whether you want to use a pen and paper or a computer.
Different people feel more comfortable with different mediums, so use whatever feels best to you.
4. Choose your salutation and voice.
Some people feel more comfortable starting out, “*Dear Self*,” whereas others like to use their name.
Some people like to write in first-person (“I am thanking myself for...”), while others feel more comfortable writing in third-person, (“Thank you, *Sneha*, for how brave you were when...”).
You can use the style that most resonates with you



04 Gratitude letter

Instructions

5. Start writing. This kind of letter might feel awkward at first, but take a leap of faith and write what comes to you. There's no right or wrong way to do this.

6. Be specific. The more specific you can be about what you would like to thank yourself for, the more impactful this exercise will be.

e.g. Dear Self, Thank you for being so strong through....

7. You can thank yourself for:

- Things you've done/changes you've made
- Challenges you've overcome
- Lessons you've learned
- Risks you've taken
- Things you have let go
- Character traits or qualities (being kind, a good listener, protective, loyal, etc).

Dear _____

With love...

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ISRA as a company, owes its inception to two young entrepreneurs who share a passion for creating mentally and emotionally healthy communities globally, and a burning desire to facilitate positive transformations.

At ISRA, our purpose is to offer highly relevant and great quality content, based on principles of behavioural science, in a format that is richly experiential.

All our programs, digital and in-person, are designed to initiate a powerful shift in the way we think and behave. It is essentially about encouraging people to operate from a deep sense of purpose, relatedness, meaning & fulfilment.

SNEHA & SHASHANK

