Penelope Jay

ME AND MY MINDSET #1; Focus Exercise: Please write a letter to yourself based on the last 6-12 months, thinking about how you felt, any monumental experiences, who you spent time with, what you celebrated, challenges you faced and still may be facing, breakthroughs and so on.

Dear Me (name) _____

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Penelope Jay

ME AND MY MINDSET #2; Focus Exercise: Please write a letter to yourself based on the last 6-12 months, thinking about how you felt, any monumental experiences, who you spent time with, what you celebrated, challenges you faced and still may be facing, breakthroughs and so on.

Dear Me (name) _____

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