

Letters to your soul.

f @ /thestilettofiles



Your first love is you.

ROSE QUARTZ & PINK CANDLE

Sis what are the characteristics that you love most about yourself? How have you loved the parts of yourself that you labeled unlovable at one point in your life? Define the words **strength**, **perseverance**, and **resiliency**. List examples of when you demonstrated these qualities recently.

Know your worth.

AMETHYST & WHITE CANDLE

Do you know how **powerful** you are? Write about times that you have accepted less than you deserved. Now, think about how you will not allow that to happen again. Draft a list of your dating standards. What must someone do to deserve your love? Sign the page to seal your **commitment** to yourself. Read this letter again if you need a gentle or harsh reminder.

Don't kill my vibe.

CLEAR QUARTZ & YELLOW CANDLE

It is time to say goodbye to people and things that no longer serve you. Write a list of the people and things that **MUST** go. Rid yourself of their dusty energy by burning your letter after completion. As you watch it burn feel your energy clear and your vibration rise. After burning, light a blue candle and let it burn until finished. Meditate over the flame and call towards the people and things meant for your highest good **ONLY**. Dust your shoulders off and strut away Sis.

You gotta go.

CITRINE & BLUE CANDLE

Time to forgive and finally say **goodbye** to your ex. The ex that occupies your mind and body like a bad habit. Grab your pen and paper and bid that musty ex **farewell!** Address your letter, seal it in an envelope, and deliver it by **FIRE**. **LET IT BURN**. Take a salt bath afterwards and light a blue candle. Then, enjoy a glass of champagne.