



## GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



### VALIDATION ONE: YOU HAVE WHAT IT TAKES

Fifteen years later, while cleaning out boxes in the basement, I found a letter from my mother, who had passed away a decade before. I was stunned, because the letter was perfect timing and so like mom, always there for me when I needed her with just the right words.

January 1, 1997

Dear Jackie,

It is five-ish in the morning and I am in the kitchen writing to you because I know this can help your struggle as it helped me completely through mine. If I believed in you so completely, then you must believe in yourself.

Let me add, to say "I can"... "I will"... instead of "I can't." Know you have the POWER and there won't be anything too big for you to solve. Do the very best you can and then let it go.

Trust me...my gut says "You have what it takes."

To my precious daughter.

Love,  
Mom