



I'm participating in [#spreadlettersoflove](#). I genuinely wanted to write to you, but I think we should continue spreading the love! Please write a genuine love-filled hand-written note to one or more people (the more the better!) that you love and/or appreciate. Please deliver it via snail-mail or hand-delivery. Write only words of love and encouragement. Please include these instructions with the note so that they too can continue spreading the love!

More information and this free printable is available at rosesncream.com/spreadlettersoflove. Feel free to share your experience with this chain on instagram or other social media platforms with the hashtag [#spreadlettersoflove](#). You are not obligated to continue this chain of love letters or to share on social media, though I would like to encourage it. **THANKS!**



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