

Letter to the Old Me From the New Me***

Dear Old **Your Name**:

I know that you have been feeling lonely and scared. But remember that time when **Loneliness Story**, you survived through that and you will triumph through this too.

Did **Name of one of Your heroes** ever give up?

Did **Name of one of Your heroes** ever give up?

No! And you can't either.

Remember the time when **Bravery Story**? What a wonder you are.

Thank you for being **Three Adjectives that Describe You**.

Thank you for not giving up when **Story of Not Giving Up**.

Thank you for being uniquely you. I am so proud of you.

Remember the great joy you felt when **Joy and Happiness Story**?

Well that same beautiful joy is waiting for you. It is already there knocking at your door.

May today there be peace within you.

May you trust the great spirits that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing that you are a child of greatness.

Let that greatness settle into your bones, and allow your soul the freedom to sing, dance, and to bask in the sun.

Love,

New **Your Name**