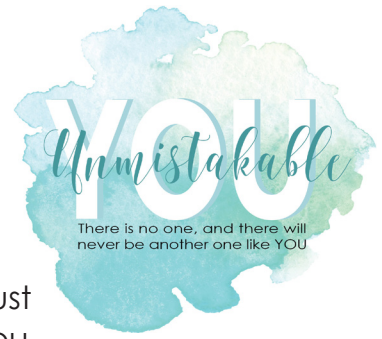


## 5. All that I Am I owe to YOU.



All that I am I owe to YOU. This is a big statement isn't it? Who is that someone special in your life? Where the words **thank you** just don't seem to be enough for everything they have given or done for you.

When you look back over your life is there one or two people who come to mind, who have been instrumental in making you who you are today? Maybe you wouldn't even be here if not for them. Someone who has been an inspiration, a role model, mentor, best friend encourager and oh so many other things.

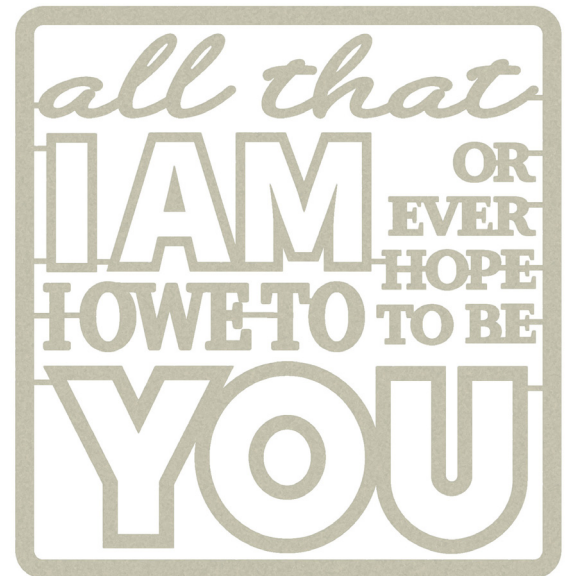
For me it's my parents. For two very different reasons.

Both love me unconditionally but Mum, from a little girl showed me how to love and care, beginning with our pets and my dad for always, and to this very day still, believing in me.

The page is to celebrate those people. It could be your mum, dad, husband, best friend - husband who is your best friend. Whoever it is - we owe them so much as you are the person you are today because of them.

There is nothing more special, and probably more so for future generations for you to include on your pages than your handwriting. Write a short letter to this person thanking them for guiding you through your life so far and include a few examples of why they mean so much to you and how much you love them. You don't physically have to send this letter but put on your page. However, imagine how this might make that person (if they are still with you) feel if you actually wrote one to them also.

Be open, be honest. You might even shed a tear or two when writing this, especially if that person is no longer with you - but honor them today.



### HIDDEN JOURNALLING.

You may not want to share your letter with everyone so you could create a flap on your page and hide your journalling underneath. Make sure people know that there is journalling underneath with some type of tab.

Quotes are always great to type up and use on your page in strips. The following are some of my favourites.

- Everything I am YOU inspired me to be.
- If I know what LOVE is, it's because of YOU.
- Life didn't come with a manual but it came with YOU.
- Your FAITH in me made me the person I am now.
- In case you are wondering- I am by definition, the best version of myself because of you.
- I only need you to feel complete.

