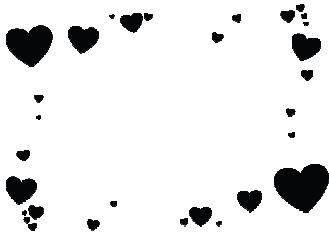


HELLO GOODBYE HELLO EXERCISE

1. Insert a drawing or photo of yourself below



2. Fill in the blanks

This is me when:

Date/Age (approximate):

What I liked about myself the most was:

My strengths were: 1. 2. 3.	My gifts to the world were: 1. 2. 3.
My dreams, plans, and future goals included: 1. 2. 3.	My values and beliefs included: 1. 2. 3.

3. Write a letter to yourself

Dear _____:

What I appreciated the most about you was:

The parts of you that I am taking into my new life are (i.e. values, beliefs, character traits, etc.):

My new dreams and goals include:

What I want my family and friends to see in the new me is:

Thank you. I know life is not perfect, so I commit to strive for connection, not perfection. I

promise to love you for who you are today.

With Love,

(Name) (Date)