

# DEAR \_\_\_\_\_,

You have already accomplished so much in your lifetime. You have overcome seemingly impossible obstacles, found hope in even the darkest of places, and turned your struggles into unwavering strength with each passing day.

You've earned the title "Warrior," and you should wear it with great pride

For too long, you tried to fit a mold created by the unrealistic expectations of society. Today you will relieve yourself of those pressures because being you is enough. I will never let you forget that you are enough. Even when you stumble, I will love and accept you as you are.

I wouldn't want to be on this journey with anyone else. I will always stand by you.

**You are \_\_\_\_\_ and \_\_\_\_\_.**  
**You have a natural ability to \_\_\_\_\_ and it makes the world a better place. I am confident that you will continue to \_\_\_\_\_, no matter what challenges come your way.**

You are discovering new and amazing things about yourself every day. You've learned that you are worthy of self-care. You are focusing your energy on the things that bring you joy. You are showing up and you are trying your best, day after day.

**You are totally capable of great success -not only because you're a warrior, but because you believe that \_\_\_\_\_.**

I promise to never stop loving and accepting you. I will remind you that you are enough, just the way you are. I will be your best supporter. And I will believe in you always.

**LOVE,  
ME**

