General Instructions to follow:
- ➜ Always use "I" statements
- ➜ Feel free to stop and start again
- ➜ Say things more than 1 time. We will use the best take.
- ➜ Take your time. This is important.

A Message to a Specific Person
Statement Flow

- Salutation
- This message is for…
- I remember when…
- I'm thankful that you are in my life because…
- Here are some life lessons that I would like to share with you…
- I want you to know…
- I am most proud of…
- (Saying / Quote)
- (Words to conclude - Words of Encouragement)

A Message to Loved Ones
Statement Flow

- Introduce yourself as you would to a group of people
- Be thankful to the group and elaborate the reasons why
- Here are some life lessons that I would like to share with you all…
- I want you to know (Stories to tell)
- I am proud of…
- (Saying / Quote)
- (Words to conclude - Words of Encouragement)

Inspiration & Words of Encouragement

- Everything is going to be ok
- I love you
- My life has had meaning because of you
- I know things won't always be easy, but I also know you've got what it takes to get through it
- Remember to take the time to look around you and appreciate the little things just as much as the big things
- Be good to yourself and let others be good to you too
- I hope you surround yourself with people who are good for your spirit
- You're doing exactly what you should be doing, so hang in there
- You are strong, you are smart, you are worth all the effort you put into yourself
- I have always believed in you, and I always will
- Trust your gut / instincts and be confident in your decisions
- Be yourself and love yourself because you are enough

Your Stories to tell

- When I was a child /teen / – years old…
- A significant memory from when I lived in…
- The location of the hidden treasure chest is…
- And to my grandkids and great grandkids, I tell this bedtime story… Once upon a time…
- The funniest thing that ever happened to me was…
- I found peace through…
- If I were young again, I would…