



# *Celebrating*

You Me

a journal  
for children  
and their parents

# *Celebrating You and Me*

*A Journal for Children and their Parents*

*Loui Lord Nelson, Ph.D.*

Dear parent, guardian, or loving adult,

Children establish their personal worth, values, and sense of self within the first eleven years of life. Together, these discoveries become the lens through which all of their future decisions are made. By completing this journal and talking through these discovery areas with your child, you will help him or her establish a stronger connection to self—an invaluable tool during life's journey.

We also know that children learn through modeling. This journal will help you and your child reflect on each of your gifts, talents, and beliefs while creating a unique bond between the two of you. Together, you will explore thoughts around relationships, learning, money, creativity, and how you use your bodies. Here are some suggested guidelines:

1. As early as possible, allow your child to write his or her own thoughts. Messy handwriting is welcome.
2. Allow for creative and inventive spelling. It is important that your child is comfortable with writing what comes to mind first. That will be his or her most honest response.
3. There are no right or wrong answers. How you or your child interpret each question is correct.
4. Encourage your child to give thoughtful answers. A younger child will need help understanding some of the more abstract questions.
5. Make sure you review what you wrote when the journal prompts you to do so. Talk with your child about how you have each grown, or maybe you see a similar idea written several times. Use the time for open conversation.
6. Your child needs to know and feel love every day. Even if the table has been broken or a sibling's toy is missing, sit with your child and complete that day's question. You will both be grateful.
7. Be as free as possible when thinking about your answers. Children know honesty and sense when an adult is being guarded. If your child feels you are holding back, he or she will, too.

Blessings to you and your child,

Loui Lord Nelson

Day 1

I love me because:

Child:

---

---

Adult:

---

---

Loving you and being in love with yourself are two different things. Be sure to demonstrate to your child how *you* love *you*.

Day 2

I am proud because today, I:

Child:

---

---

Adult:

---

---

Day 3

I do something really well. This is what it is:

Child:

---

---

Adult:

---

---

Day 4

Today, I shared:

Child:

---

---

Adult:

---

---

Day 5

I made someone smile today when I:

Child:

---

---

Adult:

---

---

Recognizing how you bring joy to others is important.

Day 6

This is something I laughed about today:

Child:

---

---

Adult:

---

---

Day 10

I am a gift to the world because I:

Child:

---

---

Adult:

---

---

Day 11

I make myself laugh when I:

Child:

---

---

Adult:

---

---

Day 12

I know I can make this:

Child:

---

---

Adult:

---

---

Everyone can make something.  
You should know what that is  
and celebrate that skill.