

# Respawn and Reflect

## A Letter to Myself



- What do I miss about my old self?
- How has my identity changed since my diagnosis?
- What emotions do I feel when I think about the past?
- What have I learned from my journey so far?
- What are my current strengths or new qualities I have developed?
- How can I honor the person I used to be?
- What goals do I want to set for my future self?
- What words of encouragement or comfort do I need to hear right now?

*Take a moment to reflect on your journey and acknowledge your growth. Remember, it's okay to grieve, and it's okay to heal. You are not alone.*