

The Cheryl Project

www.thecherylproject.com

The Cheryl Project is a kindness movement, a love project, a make-the-world-a-better-place idea. Our goal is to spread joy and happiness and to let people know how much their lives matter to others before it is too late

The Cheryl Project started when its founder learned a dear friend of hers had been diagnosed with terminal cancer. Facing the reality of not a lot of time and a lot of words unsaid, she decided her friend- Cheryl- needed to know what an impact her life had made. It was in sitting down to try to put all that into words that she was struck by just how hard that could be. In that moment of wanting to honor Cheryl's life- and finding herself too overwhelmed with emotion to do so- The Cheryl Project was born. The focus is on giving people some tools and ideas and encouragement to let the people in their lives know how much they matter before it's too late. To tell them specifically how much they mean and all the ways they have changed someone else's life. The Cheryl Project is a kindness movement, a love project, a make-the-world-a-better-place idea. Our goal is to spread joy and happiness and to let people know how much their lives matter.

You are receiving this letter because your life has made a huge impact in someone else's life and they want you to know, before it's too late. This letter is from _____ . This is their Cheryl Project.

There is no particular reply or response expected of this letter. It is a random act of kindness, and we hope you pass it on to someone (or a multitude of someones) who has made a difference in your life.

Sometimes something happens in our lives that doesn't seem big at the time, but in hindsight had a huge impact on the direction of our life from that moment on. We can only see it when we have moved away from it and suddenly realized we have changed. The other person may not even remember the moment, or the event, but for the one who changed it will be etched in their memory.

In this case, the person who so greatly affected another person was you! Let me refresh your memory.

The date was roughly:

The subject matter was:

This is what you said that resonated to me so much:

The Cheryl Project

www.thecherylproject.com

The Cheryl Project is a kindness movement, a love project, a make-the-world-a-better-place idea. Our goal is to spread joy and happiness and to let people know how much their lives matter to others before it is too late

This is how it changed and affected my life:

I hope you understand this letter was maybe not so easy to write (or maybe it was!) but it was incredibly important to me that you know that no matter what happens from now on, your life has made a huge difference in mine and I am so very grateful to have gotten that moment with you.