

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 began when a dear friend of mine was diagnosed with terminal metastatic cancer. She had a huge impact on my life and though we had lost touch briefly, when we reconnected it was like not a day had passed. It was soon after she we got back in touch that she was diagnosed with cancer. My first thoughts were that her life meant so much in mine and I needed her to know all the ways she'd made me a better person. So I wrote her a letter and told her. It sounds easy, but it wasn't, and it took me weeks to put into words. And I thought why do we always wait until it's too late to let people know what they mean to us and how they have impacted our lives? I was determined to make sure her the importance of her life mattered, and thus 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.

Parents are sometimes the hardest people to thank and to tell how much they mean to you. Kind of crazy, since they are the people you know the longest, but maybe it's because it also makes you think of a time when they possible won't be with you anymore. The thought of that is more than most of us can take and we think maybe if we don't say it we'll always still have time to. This letter is from _____, and he/she doesn't want to wait until it's too late to let you know how cherished you are. This is their Cheryl Project.

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There aren't enough words in the world to explain how much you mean to me and how grateful I am to have you as a parent. No matter our ups and downs, or hard times in this life, I know that you are always there for me. And I can only do my very best to pass along all the amazing things you have been to me along to my own children and family. Love is your legacy, and I hope you know how very amazing that has been.