

# The Cheryl Project

[www.thecherylproject.com](http://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**

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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 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? And why is it so hard to do? 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 help people to let others know how much their lives matter.

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.

There are sometimes people who come into our lives and stay for a short while, and then either abruptly or over time drift away. There may or may not have been an event that preceded it, or they may or may not just have slowly lost touch. Sometimes time isn't a factor in the ways you affect others. You are receiving this letter because your life has intersected with someone else's, no matter how briefly, and that had an impact in someone else's life. And now they want you to know how much that meant to them. This letter is from . This is their Cheryl Project.

There is a saying that some people come into your life for a short season, to change either you or them, and then go out of your life. You came into my life and taught me some very important things, and while we aren't in each other's lives on a daily basis anymore, I want you to know how deeply I appreciate the lessons.

For example, you taught me:

It was through your presence in my life that I became aware of:

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It was your love/support/guidance that helped me get through:

This letter is not necessarily an attempt to change our current relationship (or lack thereof). It is to let you know that whether you knew it or not, your life was a gift in mine at a time when I needed it more than you will know. So thank you for being a part of changing the world-by changing me- just by being you.