My Thoughts Through Time

*A Keepsake for*

# Rachel

Parent Edition · 2026

*"The Same Questions. A Lifetime of Answers."*

# In Rachel's Own Words

1. Where do you feel most at peace?

   *In my kitchen on Saturday mornings with a cup of coffee, before everyone wakes up.*

2. What brings you joy these days?

   *Hearing my kids laugh at the dinner table.*

3. How do you love to spend your time?

   *Baking with my daughter, cheering at my son's baseball games, and taking walks with my husband Tom.*

4. What word describes this chapter of your life?

   *Full.*

5. Who means the most to you right now?

   *My husband Tom and our two kids, Sophie and Ben.*

6. What dream still lives inside you?

   *To open a little bakery someday.*

7. What are you most proud of?

   *The family Tom and I have built together.*

*Rachel is living a full and loving chapter, surrounded by Tom, Sophie, and Ben and the everyday moments that make a family. With a bakery dream in her heart, she has built a home where love is always rising.*

# Rachel's Full and Happy Home

*On Saturday mornings, before the house awakes,*
*Rachel sips her coffee in the quiet that she makes.*
*The kitchen holds her softly in the early light,*
*A peaceful little moment before the day takes flight.*

*Her joy comes every evening when the family sits to eat,*
*And her children's happy laughter makes the dinner hour sweet.*
*Then Friday nights bring movies with everybody near,*
*And Tom's terrible jokes that they all love to hear.*

*She bakes beside her Sophie, sharing sweetness side by side,*
*She cheers at Ben's baseball games with a heart that's full of pride.*
*And walks along with Tom wherever evening leads,*
*Together at the end of day is all the time she needs.*

*"Full" is the word she chose to name this time of life,*
*As a mother to her children and as Tom's loving wife.*
*Her days are rarely quiet, and the weeks go rushing past,*
*But these are the sweet years, the ones she hopes will last.*

*Tom, Sophie, and Ben are the ones she holds most dear,*
*The heartbeat of her household all through every year.*
*They are her reason and her rhythm, her treasure and her prize,*
*The love she sees reflected each time she meets their eyes.*

*She's proudest of the family that she and Tom have made,*
*A home of love and laughter where the best of times are laid.*
*And someday she will open up a bakery of her own,*
*To share the warmth she bakes with folks beyond her home.*

# My Life in Pictures

*The people, places, and moments I love*

*Place a photo here*

*Place a photo here*

*Place a photo here*

# A Favorite Memory

*One picture from this chapter of my life*

*Place a photo here*

Who is in this picture?

What do I want to remember?

# A Few Things About Me

*In Rachel's own hand*

Where I grew up

The people who shaped me

What being a parent has taught me

Something that always makes me smile

# A Letter to My Children

Dear _____,

With all my love, _____

# Words for the Future

*For my children, as they grow*

## What I hope you will always remember

## What I wish for you

## The best advice I can give

# The Same Questions, Years From Now

*Answer again someday, and see how your story has grown*

Date: _____

1. Where do you feel most at peace?

2. What brings you joy these days?

3. How do you love to spend your time?

4. What word describes this chapter of your life?

5. Who means the most to you right now?

6. What dream still lives inside you?

7. What are you most proud of?

# Messages From the People I Love

*Family and friends, leave a note or a signature*

*From:* _____

*From:* _____

*From:* _____

*From:* _____

*From:* _____

*From:* _____

*A keepsake for who I am today,*
*and for those who will remember.*

*Made with love, for now and for later.*

Gifted by: _____

Date: _____

*The Same Questions. A Lifetime of Answers.*