My Thoughts Through Time

A Keepsake for

Emma

Teen Edition · 2026

"The Same Questions. A Lifetime of Answers."

In Emma's Own Words

1. Where do you feel most at peace?
   In my room with my headphones on, or at the beach at sunset.

2. What brings you joy these days?
   Hanging out with my best friend Maya and making playlists together.

3. How do you love to spend your time?
   Playing guitar and playing soccer.

4. What word describes this chapter of your life?
   Growing.

5. Who means the most to you right now?
   My mom, my grandma, and my best friend Maya.

6. What dream still lives inside you?
   To write my own songs and sing them on a stage someday.

7. What are you most proud of?
   Making the varsity soccer team as a freshman.

Emma is growing into herself with a guitar in her hands, a soccer ball at her feet, and the people she loves close by. Her song is just beginning, and the best verses are still ahead.

Emma’s Song Is Just Beginning

Emma has a playlist for the days ahead,
With headphones on and big dreams in her head.
Her bedroom is the quiet place she goes,
Or the beach at sunset, where the warm wind blows.

She laughs the loudest when her best friend Maya’s near,
They trade their favorite songs and sing them loud and clear.
With Friday pizza and with Pepper at her feet,
The simple moments make her week complete.

She fills her hours with a guitar in her hands,
And soccer games with cheering in the stands.
She practices her chords until they ring out true,
And runs the field like there’s nothing she can’t do.

If you ask her for one word to name this time,
She’ll tell you “Growing,” like a vine that loves to climb.
Each day she learns a little more of who she’ll be,
A brighter, bolder Emma, strong and free.

Her mom is there to cheer her, steady, kind, and true,
And Grandma’s love surrounds her in all she tries to do.
And Maya, her best friend, is always at her side,
Her circle full of love, her comfort and her pride.

She made the varsity team in her freshman year,
Through hard work and heart, she earned her place right here.
And someday on a stage, beneath the brightest light,
She’ll sing the songs she wrote, and they’ll sound just right.

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 Emma's own hand

My favorite song right now

My best friends

Something I'm learning

Something that always makes me smile

A Letter to My Future Self

Dear Future Me,

See you someday, _____

My Goals and Dreams

Where I'm headed, in my own words

This year I want to

Someday I hope to

Advice I'd give my younger self

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 who I'm becoming.

Made with love, for now and for later.

Gifted by: _____

Date: _____

The Same Questions. A Lifetime of Answers.