My Thoughts Through Time

A Keepsake for

Lily

Child Edition · 2026

"The Same Questions. A Lifetime of Answers."

In Lily's Own Words

1. Where do you feel most at peace?
   At the park on the big swing.

2. What brings you joy these days?
   My puppy Biscuit and making pancakes with Dad.

3. How do you love to spend your time?
   Drawing pictures and building forts.

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

5. Who means the most to you right now?
   My mom, my dad, and my little brother Sam.

6. What dream still lives inside you?
   To be an artist when I grow up.

7. What are you most proud of?
   I learned to ride my bike all by myself.

Lily is a brave, bright girl with a big imagination and a heart full of love for her family and her puppy, Biscuit. This chapter is all about trying new things, and she is already proving she can do them all by herself.

Lily’s Brave and Happy Days

Up on the swing at the park, way up high,
Lily feels peaceful, with toes in the sky.
Back and forth, back and forth, gentle and slow,
The happiest place that a girl could go.

Her puppy named Biscuit brings joy to her heart,
And pancakes with Dad are a sweet, tasty art.
They stir and they flip and they stack them up high,
Then giggle as each yummy pancake goes by.

With crayons and markers she draws all day long,
Big pictures of sunshine, so cheerful and strong.
Then blankets and pillows get piled on a chair,
A fort like a castle! She’s queen of it there!

If Lily could choose just one word for this year,
She’d shout out “Brave!” and she’d say it loud and clear.
She’s trying new things and she’s growing so tall,
A brave little girl who gives life her all.

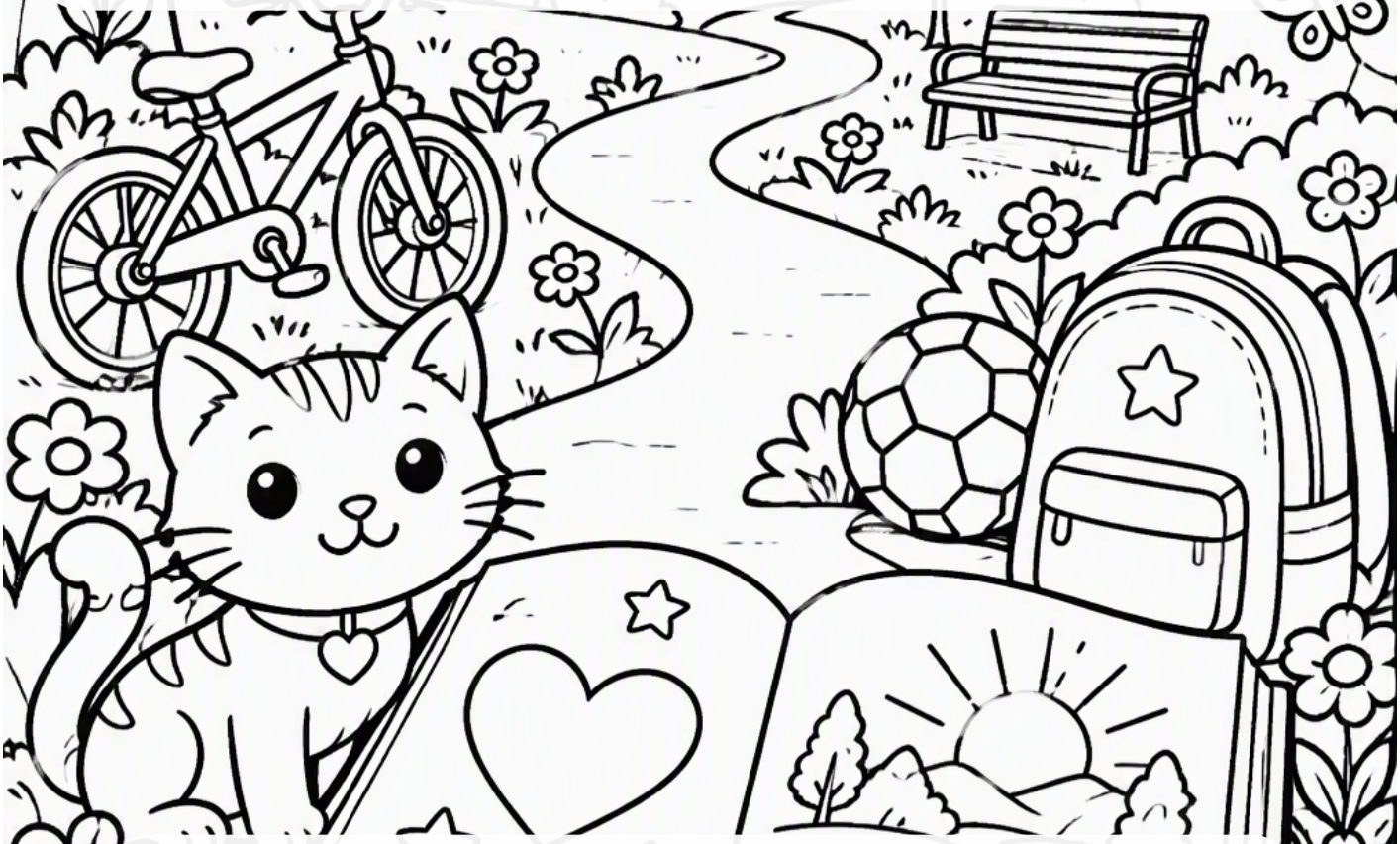
Her mom and her dad are the ones she holds dear,
And little brother Sam, always close and near.
Together they laugh and together they play,
Her family’s her treasure in every way.

Someday she’ll be an artist with paint on her hands,
Creating bright pictures of faraway lands.
And just like the day her bike rolled away free,
She’ll do it herself! Lily’s proud as can be!

MY THOUGHTS THROUGH TIME

CHILD EDITION

A special book about me, right now



Name: _____

Age: _____ Year: _____

Created with: _____

This Book Is About Me

This book begins with seven easy questions about what I love, how I feel, and what matters to me right now.

My answers become coloring pages, a poem, photographs, and memories that belong to this moment in my life.

Later, I can answer the same questions again and see how I have changed and grown.

There are no right or wrong answers. This is my story, told in my own way.

One moment. One chapter. All about me.

1. My Happy Place

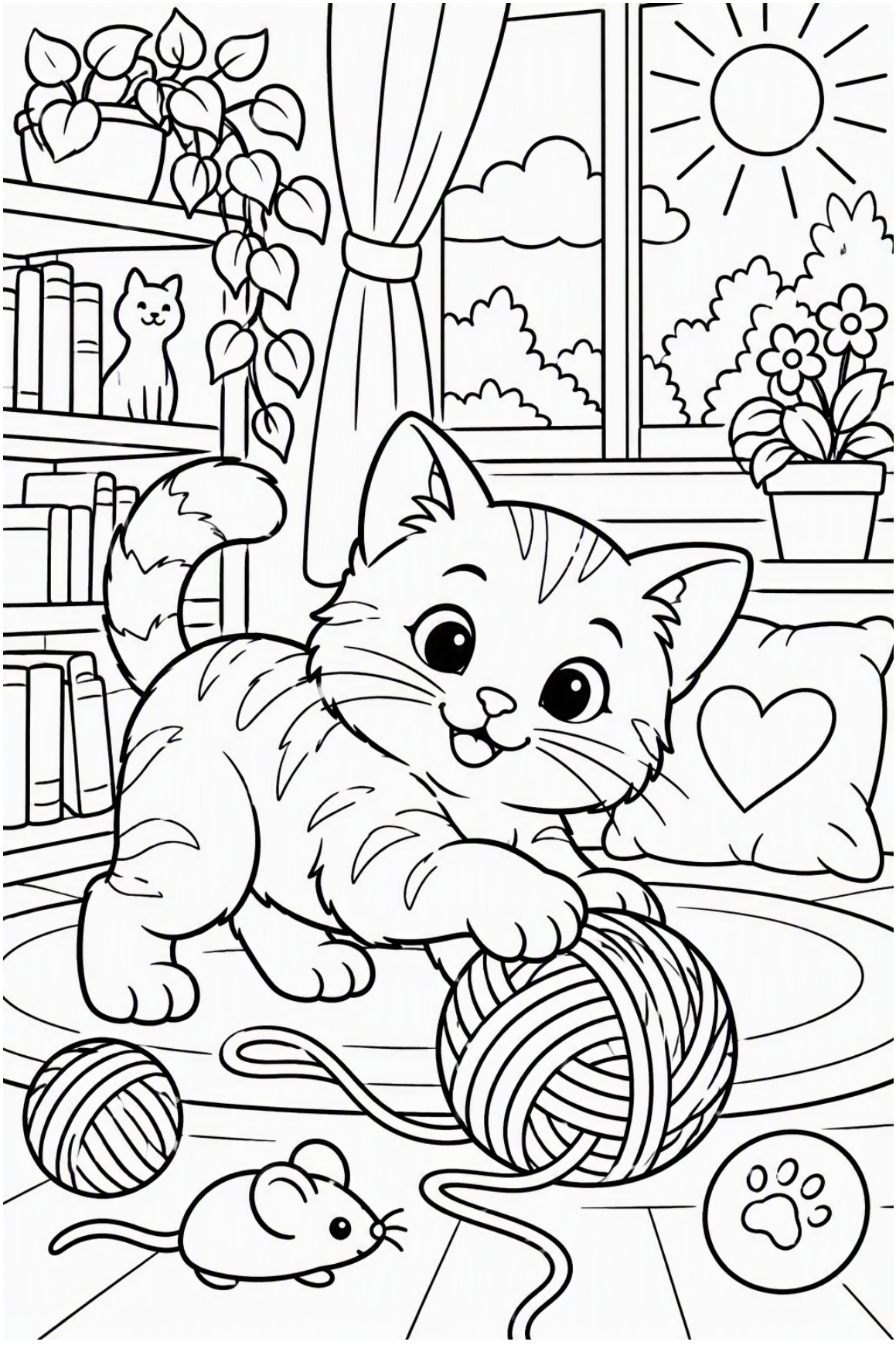


1. My Happy Place: Draw Your Own

In my own words: “At the park on the big swing.”

Draw your picture here

2. Something I Love



2. Something I Love: Draw Your Own

In my own words: “My puppy Biscuit and making pancakes with Dad.”

Draw your picture here

3. Something I Like Doing



3. Something I Like Doing: Draw Your Own

In my own words: “Drawing pictures and building forts.”

Draw your picture here

4. How I Feel

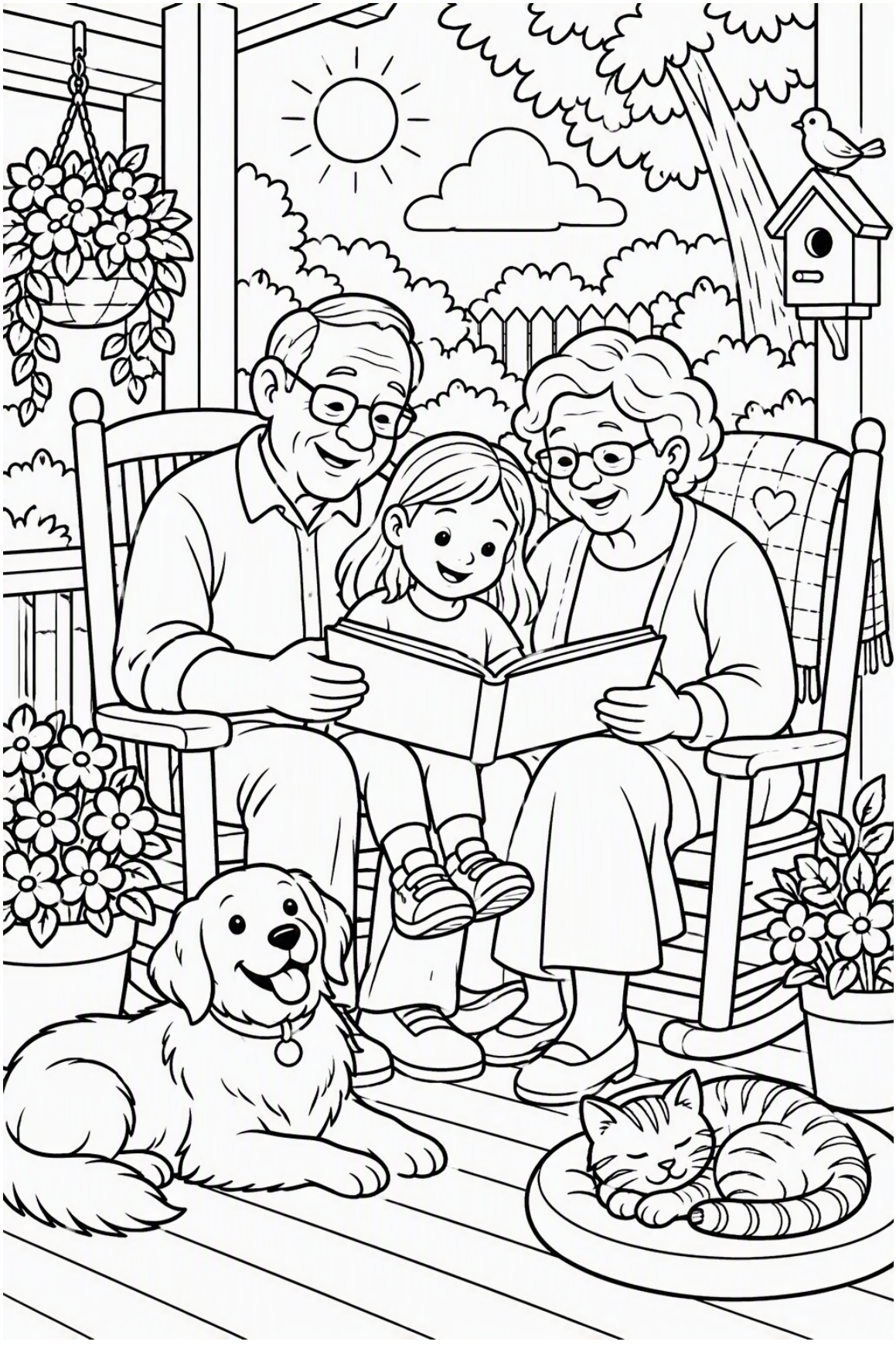


4. How I Feel: Draw Your Own

In my own words: “Brave”

Draw your picture here

5. Someone Important to Me



5. Someone Important to Me: Draw Your Own

In my own words: “My mom, my dad, and my little brother Sam.”

Draw your picture here

6. Something I Imagine



6. Something I Imagine: Draw Your Own

In my own words: “To be an artist when I grow up.”

Draw your picture here

7. Something I Am Proud Of



7. Something I Am Proud Of: Draw Your Own

In my own words: “I learned to ride my bike all by myself.”

Draw your picture here

My Family and Me

Add pictures of people, pets, and moments I love.

ADD A FAMILY PHOTO HERE

family, pets, friends, or a favorite day

ADD A FAMILY PHOTO HERE

family, pets, friends, or a favorite day

ADD A FAMILY PHOTO HERE

family, pets, friends, or a favorite day

A Favorite Memory

Add one picture from this chapter of my life.

ADD A FAMILY PHOTO HERE

family, pets, friends, or a favorite day

Who is in this picture?

What do I want to remember?

A Note for Future Me

I can finish this now or read it again when I am older.

Right now, my favorite thing is...

Something that makes me laugh is...

When I grow bigger, I hope...

Something I never want to forget is...

Signed or drawn by: _____ Date: _____

Looking Back at My Book

I can write, draw, or ask a grown-up to help.

My favorite coloring page is:

My favorite thing about me right now is:

A memory I want to keep:

One more thought I want to add:

A message from someone who loves me:

Signature or drawing: _____ Date: _____

A Keepsake for Me

A keepsake for who I am today

and who I will become.

So I can remember who I was

at this moment in time.

Made with love, for now and for later.

Gifted by: _____

Parent Grandparent Great-grandparent Other

The same questions. A lifetime of answers.