Dear Body,

I will miss ______________________ but I will always treasure the memory. You grew a human who was strengthened by your warmth and nourishment alone. The most incredible part was ______________________ (a part of the process that is amazing to you). You’re amazing!

Thank you for always changing — the many ways you cycle, adapt, and heal are something to celebrate. And the power you have to give life is a beautiful thing. My experience in this body has made me realize just how ______________________ (a trait you are proud of) I am.

It wasn’t always easy. We had to find our way through ______________________ (the hardest part of pregnancy or birth). But we faced that and now we are here. That’s called resilience, and I’m proud we did it. I also want to thank you for ______________________ (a time you were surprised by your body’s strength or ability to heal).

I felt so ______________________ (your emotions when facing this challenge) but you helped me get through it. You are so incredibly ______________________ (trait you admire about yourself) and you helped me prove to myself that I can do anything I set my mind to.

You are capable of so many gifts, and I’m grateful for all that you have shown me. I love you for all the strength and courage you have taught me. We got this!

Sincerely,

__________________________
(name)