

# What I Like About You

A TELEGRAM FOR FEELING AND DEALING AT HOME

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Today I am noticing and appreciating.....  
NAME OF PERSON

When I slow down to think about you, I remember a moment when I saw **courage in you** • **kindness in you** • **your caring nature** • **your hard work or contribution** • **your humor** • **your bravery** • **truthfulness in you** (circle one or two).

Use the space below to describe this moment(s) in detail.....  
.....  
.....  
.....

I feel that you made/make a difference to: (Check any box that applies)

- my mood                                       my day                                       our home/class/community

The difference you made/make for me shows up in the following way:

I feel more **brave** • **joyous** • **free** • **comforted** • **light** (circle one or more).

I feel less **sad** • **heavy** • **not-so-good** • **mad** • **frustrated** • **lonely** • **embarrassed** • **scared** (circle one or more).

The goodness I see in you inspires me to be a bit more.....  
or motivates me to (name a positive action you might like to take).....  
.....  
.....  
.....

Trusted person I can share this telegram with .....