



## Hallie's Story

I wrote this story about my daughter Hallie's journey through life. She was brave, bold and had big dreams. During Hallie's short 20 years with us, she crossed paths with people that taught her to fly and others that tried to keep her from it. We all experience headwinds and tailwinds in our lives. Sharing these challenges can make us uncomfortable. We tend to keep it to ourselves, which leaves us feeling alone and disconnected; even though we are all struggling with similar experiences.

There is strength and courage that comes from opening up and telling your story. It enables others to share theirs which creates real connection. But how do you start the conversation?

Read Feathers Matter and utilize this guide as a tool to talk with your kids, friends and family.

**BECAUSE YOU MATTER! YOUR FEATHERS MATTER!**

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# CONVERSATION GUIDE

## A Parent's Love

**My job as your parent is to protect you from storms outside of the nest; sometimes you may not always see or understand the reason why I say no to you. Parents are gifted with special instincts!**

Include examples of when you have said no and what you were protecting them from.

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**Note:** Brains don't fully develop until age 27. The more we can communicate and share our logic to our kids (although they may not agree with it) trust and understanding develops, that they can lean on later in life.

## Headwinds

**Life will come with highs and lows. It's in the lows that we learn who we truly are and gain a foundation of strength.**

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**Words of Affirmation to your loved ones.**

You are beautiful and brave. God created you to be UNIQUELY you and nobody else. Comparison is the death of joy.

Life comes with highs and lows, I will be there for you, with you, every step of the way...In the storms and in the sunshine.

Who you surround yourself with matters. If your parents or family has concerns, LISTEN TO THEM.

People will be unkind to you. They will try to take your feathers to keep you from flying. That is a reflection of them, not of you. Your worth and value rests with God, not in a person. YOU MATTER!

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**Reflect.**

Am I surrounding myself with the right people?

If people hurt my feelings, how do I normally react?

Do I know I am worthy? Am I looking for other people to validate that I am good enough?

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**Strength comes from facing the headwinds. Even though that is hard to understand right now, it will help you grow stronger in your faith and belief in**

## Tailwinds

### **yourself.**

When you are sad, don't go inward. You need friends that care enough to fly with you; to help lift you up when you feel weak.

We all have the power to get back up when we fall IF we put our trust in God. He is in this story and He's in your's too.

Help others that are struggling even when it's hard. That is why we are all here.

We have special gifts. ALL OF US. Sometimes it's a longer process to figure out just what those gifts are. WE ALL MATTER!

This life is a journey, but the beautiful destination is an unimaginable beauty. We are all going to be ok.

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### **Be Curious.**

What are your special gifts?

Who has been there to support you?

What do you do when you feel sad? What makes you feel better?

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