Hello my name is

Thank you for caring for me and being a major part in my healing and peace.

People who are most concerned about me right now are:

It would mean a lot to me and my loved ones to keep them informed about my progress by:

☐ sending a photo of me even if I look scary
☐ live video / audio so I can hear their voice
☐ sending a text message to give them an update

at this phone number:

Even if I appear unconscious, it will lift my spirits (& yours) if you say my name and:

☐ tell me something funny
☐ tell me a story
☐ see me as in my photo
☐ sing a song or play music
☐ tell me about you
☐ recite poetry
☐ say a prayer

Thanks for everything you’re doing for me and my loved ones.

Please take care of yourself too.