

**MY  
VIRTUE  
PACKET**

Dedicated to  
Trudy Quinlan Barrett

*The Best Thing about  
Having a Sister  
Is I Always Have a  
Best Friend*

© 2010 Suzette Quinlan Heater

This packet may be copied for incidental, noncommercial use.

*My special thanks to Mindy Ruhlman for the hours of proof reading.*

Men are That They Might Have Joy

2<sup>nd</sup> Nephi 2:25

You Are What You Think

The Secret

As a Man Thinketh so is he

Proverbs 23:7

Faith Works With Words

Boyd K. Packer

# MY VIRTUE PACKET

Intro	Pages 5 ~ 6
Virtue Words	Page 7
Emotionally Based Virtues	Page 8
Action Based Virtues	Page 9
“I AM” statement	Pages 10 ~12
“I AM” statement Certificate	Page 12
Mission Statement	Pages 13 – 14
Mission Statement Certificate	Page 14
Code of Honor	Pages 15 ~ 16
Code of Honor Certificate	Page 16
Code of Conduct	Pages 17 ~ 19
Code of Conduct	Page 19
Coat of Arms	Pages 20 – 26
Coat of Arms Certificate	Pages 26
About The Author	Page 27 ~28

INTRO: This Virtue Packet is an incredible tool. It is worth adding to your Knights of Freedom, Liberty Girls or your family home school curriculum.

This page is a small blog about our experience and how we implemented this packet into our curriculum:

### *Riverton South Knights of Freedom Blog:*

The first year we used the Virtue Packet to help us create our personal mission statements, group mission statement, personal coat of arms and our group coat of arms. The rest of this packet can be used as virtue lessons.

We used our personal mission statements during our year-end feast and our knighting ceremony.

Following is what worked really well for us during our year-end feast and our knighting ceremony.

#### Feast:

We had our family year-end feast and after the feast we held our knighting ceremony. It was our first year and our knights group supplied the meat. We asked all the families to bring a salad or dessert. All family members were invited including extended family. Most of our boys had not been knighted at this time and we felt it was important for them to have support on this special day.

#### Knighting Ceremony:

Following our feast, each boy was knighted with their virtue. After the feast each boy was knighted. Once they were knighted, they took their sword and slayed a previously made butcher paper pin up of themselves. It was a traced sketch of their bodies with their names and their vice written large on it.

#### Sword Formation:

After all the boys had been knighted and had slayed their vices we made a double line with the boys facing each other. They then raised their swords in a ceremony sword formation. One at a time the back boy walked through the formation and stopped at the front. He then read his mission statement to the audience — stating the gifts he is committed to sharing with the world.

We used our group mission statement on our flag for summit.

We all drew our personal coat of arms. For our first year we used our personal coat of arms on our tabards for summit.

Then we made a group coat of arms that we used on our banner for summit.

After you print this packet off, put it in sheet protectors in a three ring binder. You can then pull the pages as needed to copy.

Side note: Using the Virtue Packet I created a similar scenario for our family reunion.

# VIRTUE PACKETS

The first rule of this packet is that there really are no rules. The Second rule of this packet is that there are always exceptions to the rule. This is about you, and what feels right for you. Most of this packet is self-explanatory, but if you have any comments, questions or concerns, you can contact me at [suziqheater@yahoo.com](mailto:suziqheater@yahoo.com) or call me at 801-662-0418. I would love to hear from you and any feedback you might like to share.

1. Your **"I AM" statement** is who you are. It is written with (Emotionally) based virtues. It represents what you stand for and it seldom changes. Enclosed are some examples of ways to create your "I AM" statement. There really is no specific way to create your "I AM" statement, so be open and creative with this process.

(SIDE NOTE) *Affirmation Statements* represent what you want to create in your life, and they can change daily. This Packet does not spend time on affirmation statements. I choose to mention them so you know the difference between "affirmation statements" and "I AM" statements.

2. Your **MISSION STATEMENT** is written with (*Action*) based virtues. It is a personal commitment. It will bring you to a higher awareness of the gifts your actions bring to those around you, and to the world.
3. Your **CODE OF HONOR** is written with (Emotionally) based virtues. Your code of Honor will bring you to a higher level of awareness of what you are creating, and how you are creating it for yourself, and those around you. It is centered on the emotions you are committed to projecting.  
**YOU CHOOSE HOW YOU FEEL!**

4. Your **CODE OF CONDUCT** is (*Action*) based virtues. Your Code of Conduct will bring you to a higher level of awareness of what you are doing, and how you are affecting and those around you by your actions.  
**YOU CHOOSE HOW TO ACT!**

5. Your **COAT OF ARMS**: This is a really fun and creative way to express to others who you are and what you represent.

# Virtue Words

<ul style="list-style-type: none"> <li>■ Ability</li> <li>■ Acceptance</li> <li>■ Altruism</li> <li>■ Appreciation</li> <li>■ Assertiveness</li> <li>■ Attention</li> <li>■ Focus</li> <li>■ Autonomy</li> <li>■ Awareness</li> <li>■ Balance</li> <li>■ Beauty</li> <li>■ Benevolence</li> <li>■ Candor</li> <li>■ Caring</li> <li>■ Caution</li> <li>■ Charity</li> <li>■ Chastity</li> <li>■ Cleanliness</li> <li>■ Commitment</li> <li>■ Compassion</li> <li>■ Confidence</li> <li>■ Consciousness</li> <li>■ Consideration</li> <li>■ Contentment</li> <li>■ Cooperativeness</li> <li>■ Courage</li> <li>■ Courteousness</li> <li>■ Creativity</li> <li>■ Curiosity</li> <li>■ Dependability</li> <li>■ Detachment</li> <li>■ Determination</li> </ul>	<ul style="list-style-type: none"> <li>■ Diligence</li> <li>■ Discernment</li> <li>■ Discipline</li> <li>■ Empathy</li> <li>■ Encouragement</li> <li>■ Endurance</li> <li>■ Enthusiasm</li> <li>■ Egalitarianism</li> <li>■ Equanimity</li> <li>■ Equity</li> <li>■ Excellence</li> <li>■ Fairness</li> <li>■ Faith</li> <li>■ Faithfulness</li> <li>■ Fidelity</li> <li>■ Fitness</li> <li>■ Flexibility</li> <li>■ Foresight</li> <li>■ Forgiveness</li> <li>■ Fortitude</li> <li>■ Friendliness</li> <li>■ Generosity</li> <li>■ Gentleness</li> <li>■ Happiness</li> <li>■ Health</li> <li>■ Health-minded</li> <li>■ Helpfulness</li> <li>■ Honesty</li> <li>■ Honor</li> <li>■ Hopefulness</li> <li>■ Hospitality</li> <li>■ Humility</li> </ul>	<ul style="list-style-type: none"> <li>■ Humor</li> <li>■ Idealism</li> <li>■ Imagination</li> <li>■ Impartiality</li> <li>■ Independence</li> <li>■ Innocence</li> <li>■ Integrity</li> <li>■ Intuition</li> <li>■ Inventiveness</li> <li>■ Joyfulness</li> <li>■ Justice</li> <li>■ Kindness</li> <li>■ Lovingness</li> <li>■ Loyalty</li> <li>■ Mercy</li> <li>■ Moderation</li> <li>■ Modesty</li> <li>■ Morality</li> <li>■ Nonviolence</li> <li>■ Nurturing</li> <li>■ Obedience</li> <li>■ Openness</li> <li>■ Optimism</li> <li>■ Peacefulness</li> <li>■ Perseverance</li> <li>■ Philanthropy</li> <li>■ Philomathy</li> <li>■ Piety</li> <li>■ Potential</li> <li>■ Prudence</li> <li>■ Purity</li> <li>■ Purposefulness</li> </ul>	<ul style="list-style-type: none"> <li>■ Resilience</li> <li>■ Remembrance</li> <li>■ Respectfulness</li> <li>■ Reverence</li> <li>■ Responsibility (Moral and Social)</li> <li>■ Restraint</li> <li>■ Self-awareness</li> <li>■ Self-Confidence</li> <li>■ Self-Discipline</li> <li>■ Self-Reliance</li> <li>■ Self-Respect</li> <li>■ Sensitivity</li> <li>■ Service</li> <li>■ Sharing</li> <li>■ Sincerity</li> <li>■ Spirituality</li> <li>■ Strength</li> <li>■ Sympathy</li> <li>■ Tactfulness</li> <li>■ Temperance</li> <li>■ Tenacity</li> <li>■ Thankfulness</li> <li>■ Thoughtfulness</li> <li>■ Tolerance</li> <li>■ Trustworthy</li> <li>■ Truthfulness</li> <li>■ Understanding</li> <li>■ Unity</li> <li>■ Unselfishness</li> <li>■ Wisdom</li> </ul>
---	--	---	---

# “I AM” statement and “Code of Honor” Worksheet

<i><b>Emotionally Based Virtues</b></i>				
<b>VICE- Negative / VIRTUE-Positive</b>		<b>VICE- Negative / VIRTUE-Positive</b>		
Abandoned	Cherished		Hatred	Charity
Afraid	Courageous		Hectic	Organized
Angry	Peaceful		Hopeless	Optimistic
Ashamed	Merciful		Inept	Qualified
Anxiety	Calm		Incompetent	Capable
Awkward	Graceful		Inferior	Equal
Backward	Dynamic		Jealous	Accept
Blocked	Productive		Lacking Courage	Assertive
Baffled	Enlightened		Lacking	Adequate
Blocked	Productive		Limited	Effective
Bashful	Outgoing		Left Out	Included
Bored	Involved		Moody	Stable
Bad Luck	Fortunate		Negative	Peaceful
Confused	Clear		Nervous	Serene
Compromised	Strong		Outsider	Connected
Conflict	Peace		Poor	Wealthy
Chaotic	Purposeful		Prideful	Humble
Cheated	Forgive		Scarce	Bountiful
Crushed	Restored		Stupid	Brilliant
Contrary	Harmonious		Stagnant	Progressive
Deceived	Informed		Strife	Harmony
Degraded	Honored		Trapped	Invincible
Delayed	Accelerated		Ugly	Beautiful
Denial	Accountable		Used	Honored
Dishonored	Valued		Unloved	Loved
Demeaned	Elevated		Unwanted	Wanted
Despair	Hopeful		Unaccepted	Accepted
Empty	Reassured		Unnoticed	Valued
Fearful	Confident		Void	Rooted
Grudge	Forgive		Worried	Faith

These are samples to help you write your “I AM” statements and code of honor.

# “Mission Statement and “Code of Conduct” Worksheet

<b>Action Based Virtues</b>				
<b>_____ Gives the Gift of _____</b>		<b>_____ Gives the Gift of _____</b>		
Kindness	Joy		Fairness	Justice
Patience	Peace		Whole minded	Integrated
Creativity	Higher Quality		Aligned	Balanced
Honesty	Trust		Joy	Uplifting
Organization	Order		Obedient	Love
Protection	Security		Confident	Capable
Appreciation	Gratitude		Higher Standard	Value
Trust	Hope		Focus	Creativity
Goals	Dreams		Acceptance	Love
Service	Charity		Knowledge	Wisdom
Sincerity	Caring		Respect	Admiration
Understanding	Kindness		Positive Actions	Honor
Bravery	Strength		Good Reputation	Respect
Faith	Hope		Allowance	Acceptance
Sound Mind	Inner Peace		Meekness	Teachable
Forgiveness	Peace		Animated	Dynamic
Wealth	Independent		Unique	Authentic
Straightforward	Honest		Security	Fortified
Acceptance	Equality		Supported	Valued
Accountability	Responsibility		Reasonable	Sensible
Thrifty	Abundance		Protected	Safe
Humility	Faith		Worthiness	Integrity
Concern	Awareness		Unconditional Love	Acceptance
Thoughtfulness	Courtesy		Persistence	Achievement
Production	Promotion		Stability	Longevity
Directness	Clarity		Intelligence	Ingenuity

Note that some words work well in both columns.

*I believe there is a balance in all things and each person has the responsibility to find appropriate balances in life.*

Your “I AM” statement is written with emotionally based virtues there are samples listed on page 8. There really is no specific way to create your “I AM” statement so be open and creative with this process.

## SAMPLE

### “I AM” STATEMENT

List all The Negative Self Talk You Tell Yourself Daily	List The Opposite of the Negative Words Listed in The Previous Column
<u>I AM:</u> Stupid Weak Fearful Ugly Bad A Procrastinator	<u>I AM:</u> Smart Strong Full of Faith Beautiful/Handsome Good I am on Task

As you write this you can also use the words “I Feel” in the Left side column.

# MY I AM STATEMENT WORKSHEET

List all The Negative Self Talk You Tell Yourself Daily	List The Opposite of the Negative Words Listed in The Previous Column

Look at the Sample “I AM” statement and then look through the Worksheet on page 8. On this page in the left column write the negative words that you feel you use the most every day. In the right column write the positive word – or the opposite of the negative.

Look through your list.

Now Write Your “I AM” statement using words from the Positive right side column.

It is better if you can narrow down your words to only 2 or 3 words. Choose the ones that have the most meaning to you. Write your “I AM” statement on sticky notes and put them up where you will see them every day. Look in the mirror and say your “I AM” statement out loud everyday for at least 30 days in a row.

# I AM

---

---

---

---

*Signature*

---

*Date*

Your mission Statement is written with action based virtues. As you write your Mission Statement you can refer to action based Worksheet on page 9.

## SAMPLE

### Mission Statement

**I commit to:** Serving my family; neighbors and friends; learn; organize, be fair; be patient; be honest; appreciating all that I have; and Plan for a better future

**Sharing With The World and Those Around me The Gifts of:** Charity, knowledge, Order, Justice, Respect, Trust, Gratitude, and Hope

---

As you write your mission statement, think about what energy you create and how it affects others around you, and ultimately the world.

**Your energy affects you, those around you, and ultimately the world.**

When I commit to serve my family, neighbors and friends I give the gift of charity; when I learn I give the gift of knowledge; when I organize I give the gift of order; when I am fair I give the gift of justice; when I am patient I give the gift of respect, when I am honest I give the gift of trust, when I appreciate all that I have, I give the gift of gratitude; when I have a plan for a better future I give the gift of hope.

This sample is long. When you create your personal mission statement it is best to use only 2 or 3 virtue words and their gifts.

# MY MISSION STATEMENT

I COMMIT TO: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sharing with the World and those around me the Gifts of:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Signature*

\_\_\_\_\_

*Date*

# SAMPLE MY CODE OF HONOR

THROUGH MY: Faith; Integrity; Sound Mind;  
and Unconditional Love

I CREATE: Hope; Trust; Inner Balance; and  
Peace

---

Your code of honor is written with emotionally based virtues. As you write your code of honor you can refer to the Worksheet on page 8.

Through my faith I create hope; Through my integrity I create Trust; Through my Sound Mind I create Inner Balance; and Through my Unconditional Love I create Peace.

If you keep you Code of Honor to only 2 or 3 Virtues it will be easier to remember.

# MY CODE OF HONOR

THROUGH MY: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I CREATE: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Signature*

\_\_\_\_\_

*Date*

# SAMPLE MY CODE OF CONDUCT

**THROUGH MY:** Saying personal and family prayers; reading the scriptures; doing good deeds; and speaking in soft tones

**I CREATE:** A closer relationship with heavenly father; charity; a happy home.

---

Your code of conduct is written with action based virtues. As you write your code of conduct you can refer to the Worksheet on page 9, also, there are more samples on page 18.

**SAMPLE:**

Through my faith I create hope; Through my integrity I create Trust; Through my Sound Mind I create Inner Balance; and Through my Unconditional Love I create Peace.

If you keep you Code of Honor to only 2 or 3 Virtues it will be easier to remember.

# SAMPLES :

Following is a list of  
Actions

## THROUGH MY

- saying personal prayers
- saying family prayers
- reading the scriptures
- reading the Ensign
- paying my tithing
- doing good deeds for my family and neighbors
- speaking in soft tones
- finding ways to communicate in positive ways
- praying to see Truth, God's perception of things
- sending more thank you notes
- resolving differences in light
- building up not tearing down
- finding gratitude in all things
- letting go of the past
- staying in the present
- staying aware of my actions, thoughts and feelings
- acknowledging my imbalances and adjusting them for good
- moving on
- holding family nights

## I CREATE

- unconditional love for all
- a happy home
- a higher spiritual awareness
- greater acceptance and forgiveness
- Peace

# MY CODE OF CONDUCT

THROUGH MY: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I CREATE: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

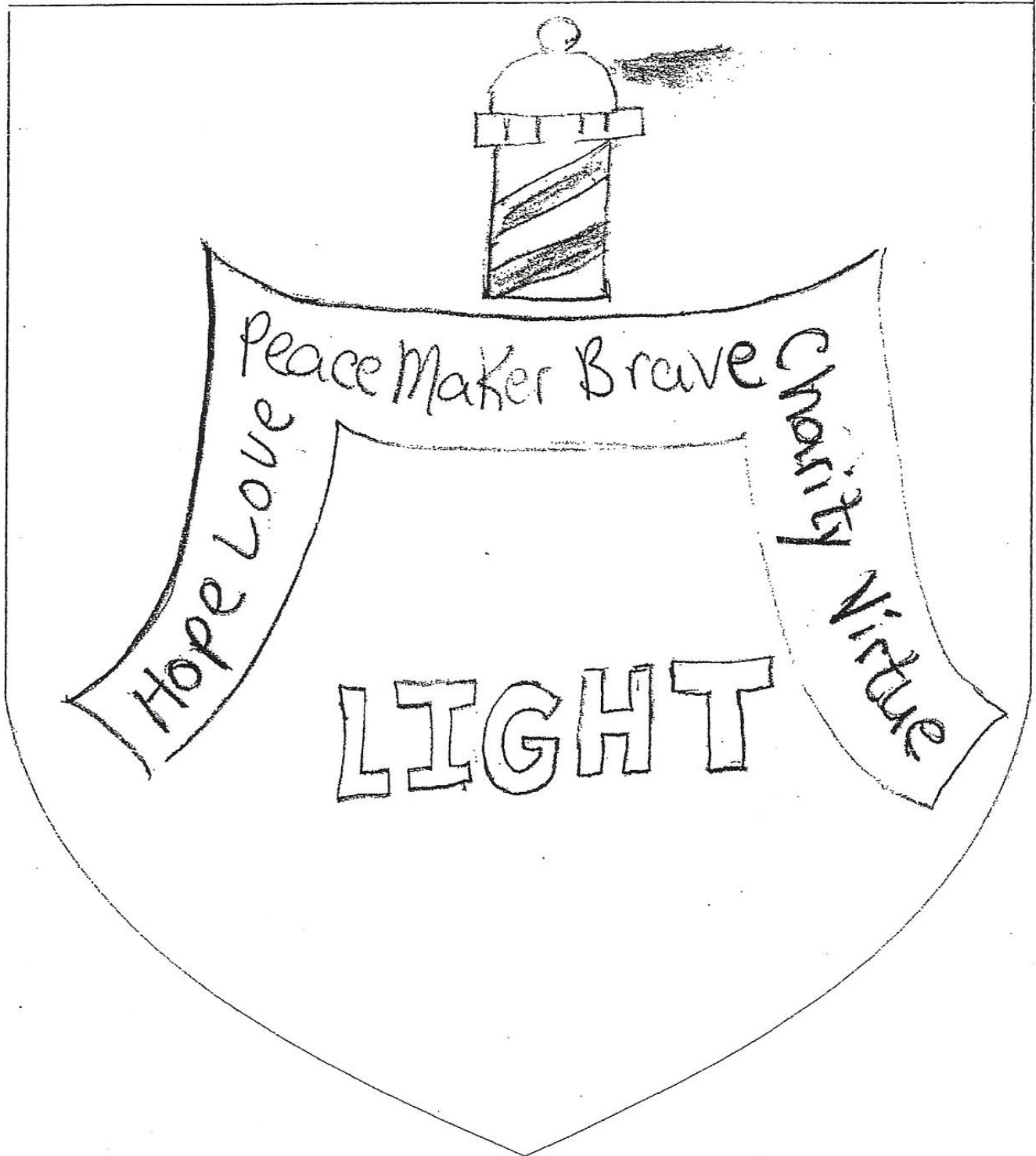
*Signature*

\_\_\_\_\_

*Date*

*SAMPLE*

My COAT OF  
ARMS









# Coat of Arms Colors










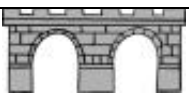



COLORS	MEANINGS
Gold	Generosity or Elevation of the Mind
Silver or White	Peace or Sincerity
Red	Strength or Noble
Blue	Truth or Loyalty
Green	Hope, Joy or Love
Black	Constancy or Grief
Purple	Royal or Justice
Orange	Worthy or Ambition
Maroon	Patient or Victorious









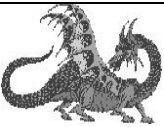

# Coat of Arms Symbols and Meanings

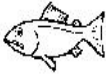




The following are some of the more common







Symbols and their meanings as suggested by some historians:

Symbol	Meanings
Acorn 	Antiquity and Strength
Anchor 	Hope; or Steadfastness
Angel 	Dignity, glory, and honour; missionary; bearer of joyful news
Ant	Great labor, wisdom, and providence in one's affairs
Antlers	Strength and Fortitude
Apple 	Liberality, felicity, and peace
Arm (or Hand) in Armor  	A person with qualities of leadership
Arm Naked	An industrious person

Axe		Military Duty
Bat		Awareness of the powers of darkness and chaos.
Bear		Strength, Ferocity or Protection
Bear Paw		Strength
Beaver		Industry and perseverance
Bee		Efficient industry
Bells		Power to disperse evil spirits; a hawk's bell denotes one who was not afraid of signaling his approach in peace or war
Berries		Liberality, felicity, and peace
Boar	 	Bravery
Boars Head		Hospitality
Book		If open-manifestation; if closed-counsel
Bow		Readiness
Bridge		Governor or magistrate
Buck (Male Deer)		Kindness, Harmony, Peace
Bull / Buffalo	 	Valor, bravery, generosity
Bull's Head		Valor, bravery, generosity
Bull's Horn		Strength and fortitude

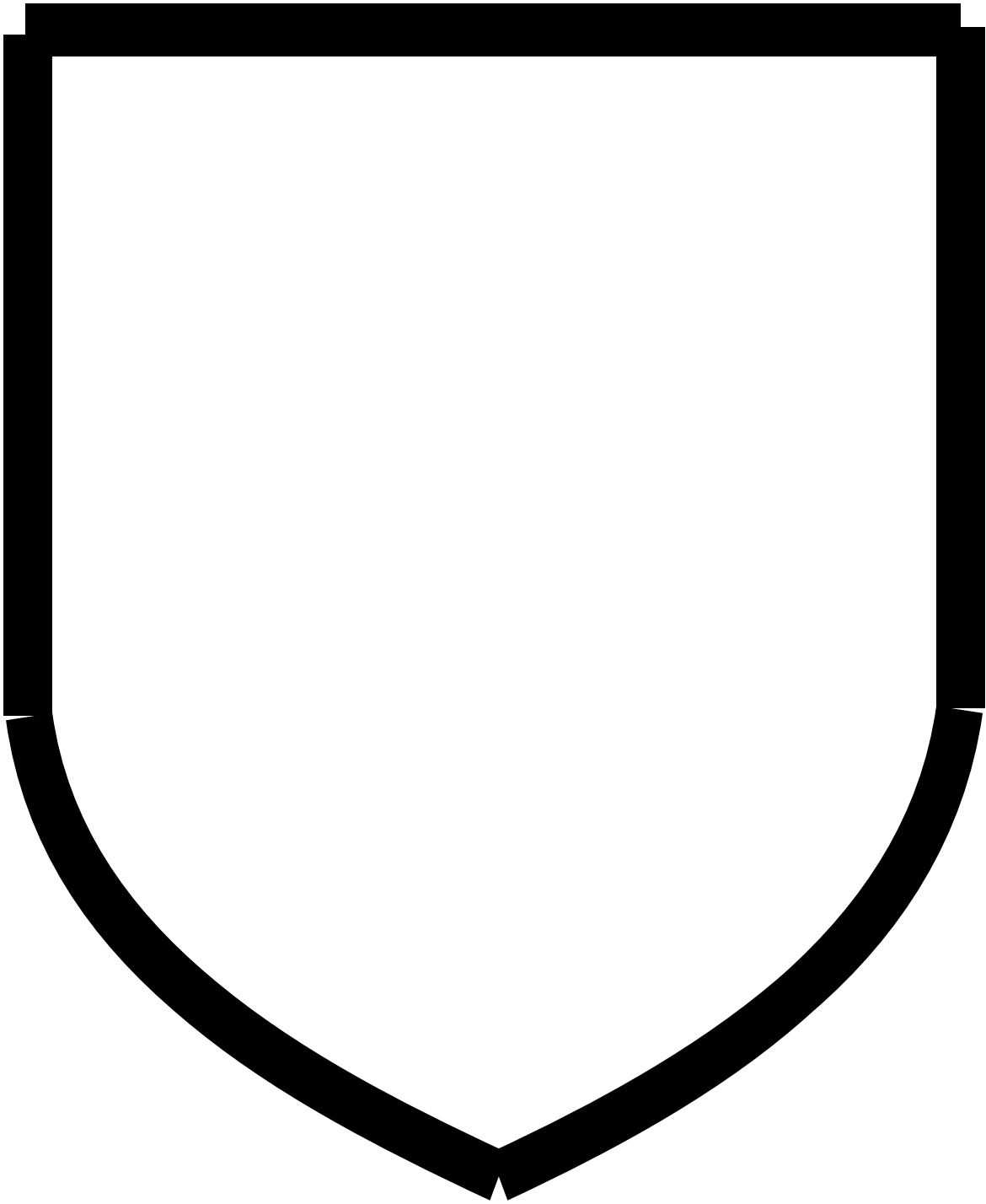
Butterfly 	Psyche or Soul / Carefree / Metamorphosis
Camel	Docility, patience, and perseverance
Castle (Tower / Chateau) 	Safety
Cat 	Liberty, vigilance, forecast or courage
Angels, Cherubs and Cherubim	Dignity, glory, honor or bearer of joyful news
Column 	Fortitude, consistency; Serpent coiled around the column, wisdom with fortitude.
Cornucopia (Horn of Plenty)	The bounty of nature's gifts
Crown 	Royalty
Dagger or Dart	Justice or Honor
Dancer 	Grace
Dog 	Courage, vigilance and loyalty
Dolphin	Swiftness, diligence, salvation, charity, Love
Dove 	Loving constancy and peace; the Holy Spirit; with an olive branch in its bill, it signifies a harbinger of good tidings
Dragon 	Valiant defender of treasure; valor and protection
Dragonfly	Flighty
Duck	Person of many resources
Eagle 	Person of noble nature, strength, bravery, and alertness; or one who is high-spirited, ingenious, quick-witted,
Eagle Soaring	Protection
Falcon	One who does not rest until the objective is achieved
Fire	Zealousness

Fish 	True, genuine, generous mind; unity with Christ; spiritual nourishment
Flowers	Hope and Joy
Fox 	One who will use all that he/she may possess of wisdom and wit in his/her own defense
Goat	One who wins through politics rather than war
Goose	Resourcefulness
Grapes 	Peace, liberality, felicity
Grasshopper	Noble
Hammer	Honor
Hand	Friendship, Pledge of faith, sincerely, justice, two hands conjoined represent union and alliance
Hawk	One who does not rest until the objective is achieved
Holly	Truth
Horns	Strength and fortitude
Horse	Readiness for all employments
Horseshoe	Good luck and safeguard against evil spirits
Leaf or Leaves	Strong lasting friendship
Keys	Guardianship, dominion
Knight or Knight on horseback 	The soul guiding the body; man's journey through life
Lamp/Lantern/ Lighthouse/ Candle 	Light, Life, Spirituality
Lion	Dauntless courage, bravery, strength
Moon	Serene power over mundane actions
Moose	High self-esteem
Otter	One who lives life to the fullest
Owl	One who is vigilant or acute wit
Ox	Valor, generosity
Panther	Fierce, but tender and loving to children and will

	defend her children with her life.
Peacock / Peacock feather	Beauty, power, knowledge
Pears 	Felicity, peace
Pen	Educated, employed
Pheasant	Person of many resources
Rabbit	One who enjoys a peaceful and retired life
Rainbow	Good times after bad
Ram	Authority
Raven	Divine providence
Rhinoceros	Ferocious when aroused
Rock	Safety, protection, refuge
Rose (Red)	Grace, beauty
Rose (White)	Friendship, love, faith
Scales	Justice
Serpent/Snake/Lizard	Wisdom
Shield 	Protection
Spider	Labor, prudence, wisdom
Star 	Balance
Stool or Table	Hospitality
Sun 	Glory, Splendor, fountain of life
Swan	Poetic, harmony, leaning, or lover thereof; light, love, grace, sincerely, or perfection
Sword 	Justice
Tiger	Fierceness or Valor
Torch	Life, zealousness, engaging in service; truth, intelligence
Unicorn	Extreme courage, virtue, strength
Wheat/Sheaf	The harvest of one's hopes has been secured
Wheel	Fortune; Cycle of life
Wolf 	Reward from perseverance in long sieges and/or hard industry.

For more meanings and symbols you can go to <http://www.fleurdelis.com/meanings>

# My COAT OF ARMS



---

Name

---

Date

About the Author, Suzette Quinlan Heater

My husband, Don and I celebrated our 12<sup>th</sup> Wedding Anniversary on April 10, 2010. Together we have 12 children, 5 boys and 7 girls. We have had custody of 11 of our 12 children. We are blended with yours, mine and ours. Today our children range from ages 29 to our 2 youngest that are now 10 years old. This has made our journey together amazing. Soon after having our youngest in 1999 I had to have a complete hysterectomy in 2000, due to Adenomyosis and Polycystic Ovarian Syndrome. I had severe reactions to the hormone replacement therapy, Premarin. At first I was on the pill form and that gave me endometriosis, so 4 months after my hysterectomy I had to have another operation for Endometriosis. At that time my doctor told me my endometriosis was so severe that it looked like I had had it for 2 years or more. It was very odd since I did not have it before my first operation just 4 months earlier. I discovered that endometriosis feeds off estrogen. After the laparoscopy I could not take estrogen. I started with SEVERE hot flashes, loss of memory and all the fun side effects of going into early menopause. My memory loss has severely effected my life and my children's lives. Don changed jobs, we moved and because of our insurance I had to find another doctor. At that time I was still stuck in the habit of listening more to Doctors than to myself. I was on a much lower dose of the Premarin so I stayed on the drug for 2 years, thinking I had a severe flu of some kind. There was a part of me that knew it was the Premarin that was making me so sick. 2 years and 4 doctors later, and lots of guinea pig tests, and a whole lot of dysfunction and pain, I decided to take myself off the drug.

Some of my symptoms were, my muscles would go into spasms, physical weakness, blood clots, and the constant nausea was unbearable. I could not stand long enough to unload or load the dishwasher, peel potatoes or make dinner; I constantly felt "bone cold," a lot of the time I could not walk. On many days I crawled around the house. I did not have enough strength to clean and organize my home. Two of the worst symptoms were severe hot flashes and memory loss. I would ground the kids and forget within a few hours that they were grounded. Having that many teenagers at that time was very difficult. My oldest son was on an LDS mission in Russia. It was Mothers Day and I kept thinking there was something I was supposed to do, but I could not think of what it was. Finally I got a call from him that night and he said "Mom are you going to call me today?" I called my doctor the next day in tears and asked him "What is wrong with me." He explained that Estrogen affects your memory. Another unbearable symptom was the hot flashes. I always told my husband that it felt like my brain was frying.

It was during the time I was the sickest in bed and not able to walk for many, many months and feeling overly emotional and having very little memory that I started to etch by hand. I first started with casserole dishes, glass plates, and glass cups. I would create a stencil and tape it on the inside and then cover the outside with contact paper and then Don would sandblast the outside. It kept me focused and my hands busy when I could not function. I did that for about 4 years and then after we moved and got more settled in our home here in Heriman, Don asked me if I would like a laser to work with. He worked for years at his work with lasers in the dental profession. It took us about another 2 years of looking to decide which laser we wanted to purchase. Of course the laser can do much more detail than I could ever dream of doing by hand and it has been a blessing in our lives.

I decided to share this with you, so you will know a little bit about my journey and how our company etch4u.com and these packets came about.

It has been a very long hard road since I had my first operation. It has taken many years to get the poison from the hormone replacement therapy out of my system. I still suffer from the side effects, just not as severely or as often as I use to. It took me many years after we moved to find a doctor that believed me and listened to me. He has been a blessing to me on my road to recovery.

For years, my younger sister and I created our personal statements, but I never understood the power or impact it could really have until I went through my health trials. I now believe that words carry a frequency, vibration and energy that either lift or tear down.

My sister passed away in 2005 in a tragic car accident. I have had the packet information for years but it was scattered everywhere because I am "organizationally challenged" to begin with and the illness made it much worse. It wasn't until 2009 that I started really putting it all together into this packet form. I have been able to use it with my youngest sons. It has been a powerful tool for me on my way to recovery and I see immediate changes in my son Alex's life. He has high functioning Autism and ADHD. It has been an exciting journey. I know we are told the importance of creating a mission statement but no one really tells you how. If you are like me, at first I made it a lot more complicated than it needs to be. It can be really simple and fun. That is why I simplified the process. I am grateful for the opportunity to share this with you and I pray it will bless your life, too.