



Poem Starter: ***"I Am Still Standing"***

Dear Soul,

This poem starter is an invitation to honour your resilience and celebrate the strength that has carried you here. Take a quiet moment, breathe deeply, and let your words flow.

Begin with the line:

"I am still standing because..."

From here, you can:

- Write a few lines that speak to your journey.
- Create a list of the things that keep you grounded.
- Let your feelings, memories, or hopes spill onto the page.

🌱 There is no right or wrong. This is your space, your voice, your truth.

When you are ready, you may want to add a closing line such as:

- *"And today, I rise again."*
- *"Still standing, still growing, still me."*