

Dear Daughter,

First of all, I want you to know how proud of you I am. You're such a beautiful person, inside and out and I am so proud to be your dad. You're smart, funny, considerate, and sensitive. You have taught me so much, and you've made me a better person.

I am stronger because of you. You've taught me patience, and how to love someone more than I could ever imagine. But, as your dad, there are things I need to teach you too. One of those is that to be successful in life, you have to be strong. That doesn't mean that you have to just have big muscles, though that helps. But being strong means being able to take care of yourself. When you're strong, you have strong thoughts. You get smarter, make better decisions, and live a happy life. When you're strong, other good people want to be around you. When you're strong, you don't have to rely on anyone else. When you're strong, you can do anything you set your mind to.

But when you're weak, your mind and body don't feel good. You feel sad, or mad, or mean. Also, mean people enter your life. They pretend to be your friend to take advantage of you. They act like they like you, but they only hang out with you to make themselves feel better. The problem is, there are still good people around you who love you so sometimes it's hard to see who these people are until you've spent a lot of time, effort, and energy with them.

As a girl who is quickly growing up, you're going to be challenged a lot; and when you show them how strong you are you will rise to the challenges. The right people will come into your life, and open the right doors for you to have a wonderful life.

So, as your dad, and before I was your dad, I've been strong and I've been weak. I've never liked being weak. I've had wonderful things happen in my life when I was strong. So, I want to get strong again to help you as you grow up. I want to be there for you and to celebrate all the wonderful things that are to come ahead in your life. When the time comes for you to start dating, and to eventually find a husband, I want to know that I've been the role model to show you the kind of relationship you deserve.

I love you,

Dad