



Letter to My Younger Self

By: Janice McCall

Dear Me,

The greatest advice I can give you is something you already know and do: have hope in the people around you. No matter how difficult life gets, your friends will always be there for you.

I know right now you're scared and confused, I remember the exact feeling. I was incredibly scared and I felt that my life had ended when mom told me I was living with HIV.

But it didn't, and that's what you need to remember.

You have to keep your head high and understand that this is a journey that is only just beginning and you are going to meet the most amazing people along the way. There will be days when you don't want to do anything and you and your mom are arguing a lot, but I promise at the end of every rainstorm the sun comes out.

All you need to remember is that you are a strong, inspirational person and you are going to influence and change a great deal of people in this world.

I know right now you feel lost, but the support system you have and will continue to develop is one of the most powerful things on the planet.

Don't let HIV define who you are. Only you can define who you are.

Love,

Your Future Self