

Designed and with exercises by Alexis Pauline Gumbs  
Inspired by Ebony Golden and Zachari Curtis  
For UBUNTU Arts and BrokenBeautiful Press  
[www.brokenbeautifulpress.blogspot.com](http://www.brokenbeautifulpress.blogspot.com) September  
[www.sustaintransformlove.blogspot.com](http://www.sustaintransformlove.blogspot.com) 2006

# I Be Who I Be!

(My Book of Love Notes)

Author: \_\_\_\_\_

Date: \_\_\_\_\_

Place: \_\_\_\_\_

## USERS Guide:

1. Take a deep breath.
2. Look at your hands.
3. Grab a pen.
4. Be who you be! Loudly and proudly.
5. Use this space to write things that you don't want to show anybody of....
6. Use this space to write things that you want to show off to everyone.
7. Use these activities in groups or
8. Do them all by yourself when you feel like it.

If you want to share what you wrote on the internet (with or without your name) post it at [www.sustaintransformlove.blogspot.com](http://www.sustaintransformlove.blogspot.com)

\*Note: This book is upside-down, sideways, and backwards. It's unpredictable just like you!

Remember to holler back at us with comments, questions, requests and your brilliant writing at [www.sustaintransformlove.blogspot.com](http://www.sustaintransformlove.blogspot.com) love, UBUNTU Arts

*A list of people that I want  
love notes from:*

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**Put a picture of yourself or any  
other picture that you like  
here!**





















**insert collage  
here**