

Your Inside Shape

Christine Sarno-Doyle



Your Inside Shape



By
Christine Sarno-Doyle

“Christine Sarno-Doyle’s book, *Your Inside Shape*, provides a gentle and positive nudge in the right direction for children of all ages. Its pages offer cheerful, bright illustrations and clever verse designed to help youngsters realize and celebrate not only their own unique potential, but that of those around them. Highly recommended for parents to share with their children!”

—**Tammy Fletcher, PhD, M.A., Licensed Marriage and Family Therapist, San Diego, California**

Your Inside Shape, Published February 2025

Photo Credits: Gayle Maziarz Casper

Interior and Cover Illustrations: Randy Jennings

Interior Layout: Howard Communigrafix, Inc.

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Revised edition. First edition published 2012.

Printed in the United States of America

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Acknowledgments

Heartfelt thanks to family and friends who contributed to my inspiration and encouraged me to give a voice to my inside shape and let her shine. Judith Bunker, Gayle Maziarz Casper, thank you for your support and direction. Cheryl Coffin Silva, Pamela Zagami Connor, Agnes LaRosa. I do not know where I would be without you.

To my children, young and youngest, the joy and love you bring to life is immeasurable. I love you dearly. I admire you and I am so proud of you. May you always live authentically and reach for your individual stars.

**For Orion,
my shining star.**

Dear _____,

You are special. Do you know how special?

Let me tell you.

There never has been anyone in this world exactly like you, and there never will be again anyone in this world exactly like you. That is how special you are. Your talents and your dreams are unique, and so are the gifts you will bestow on this world.

You have a wonderful heart, sweetie. You have lots of love inside. Listen to your heart and follow your dreams.

We'll all be right beside you!

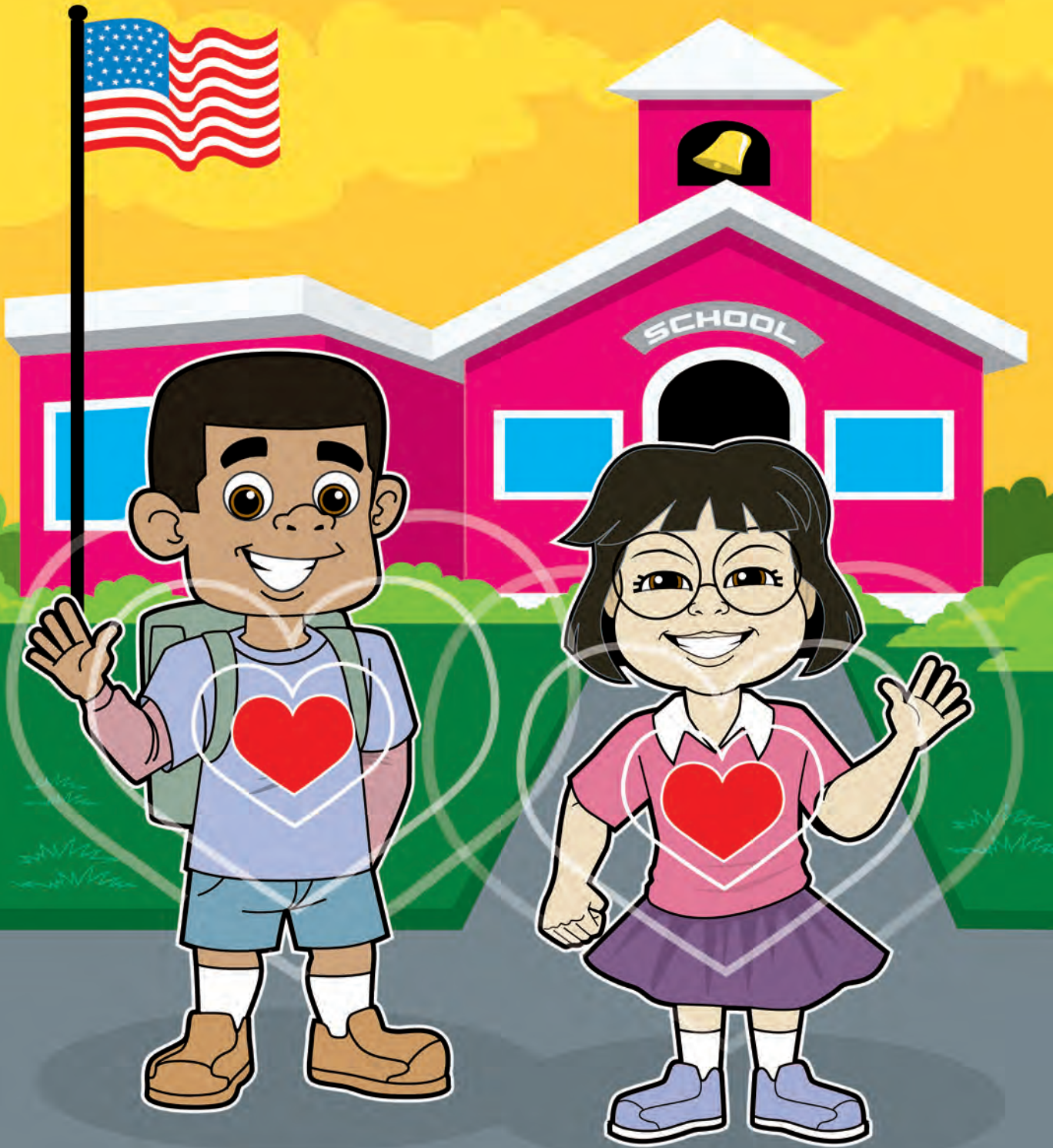
Love,



Every person has a shape and color unique only to them. We're born with a certain size and eyes and color of our skin.



**But there's more to what you see outside.
There's a shape that's held within.**



**The outside shape we primp and wash,
and dress to look our best.**

**We sometimes want to look unique.
Sometimes just like the rest.**





**We look at someone's outside shape,
and we see they are short or tall.**

**We see their hair, their arms, their
legs, but what's outside isn't all.**

**Our insides hold another shape that
defines us even more.**

**We can't see it with our eyes, though.
It's a shape we must explore.**



**Our inside shape holds all our
dreams, our happiness and drive.
It's what makes us do our best in
life and makes us feel alive.**





**Your inside shape holds what you love.
It's what you're best at too.
It leads you to your heart's desires and
what you're meant to do.
Exploring means taking quiet time,
so you can listen to your heart.
It's where your hopes and dreams begin.
It's all you need to start.**



**If you wonder how to find your shape,
and what it holds inside,
Think about the things you love and
give this list a try.**

I like to ...

I do not like to ...

I would like to try ...

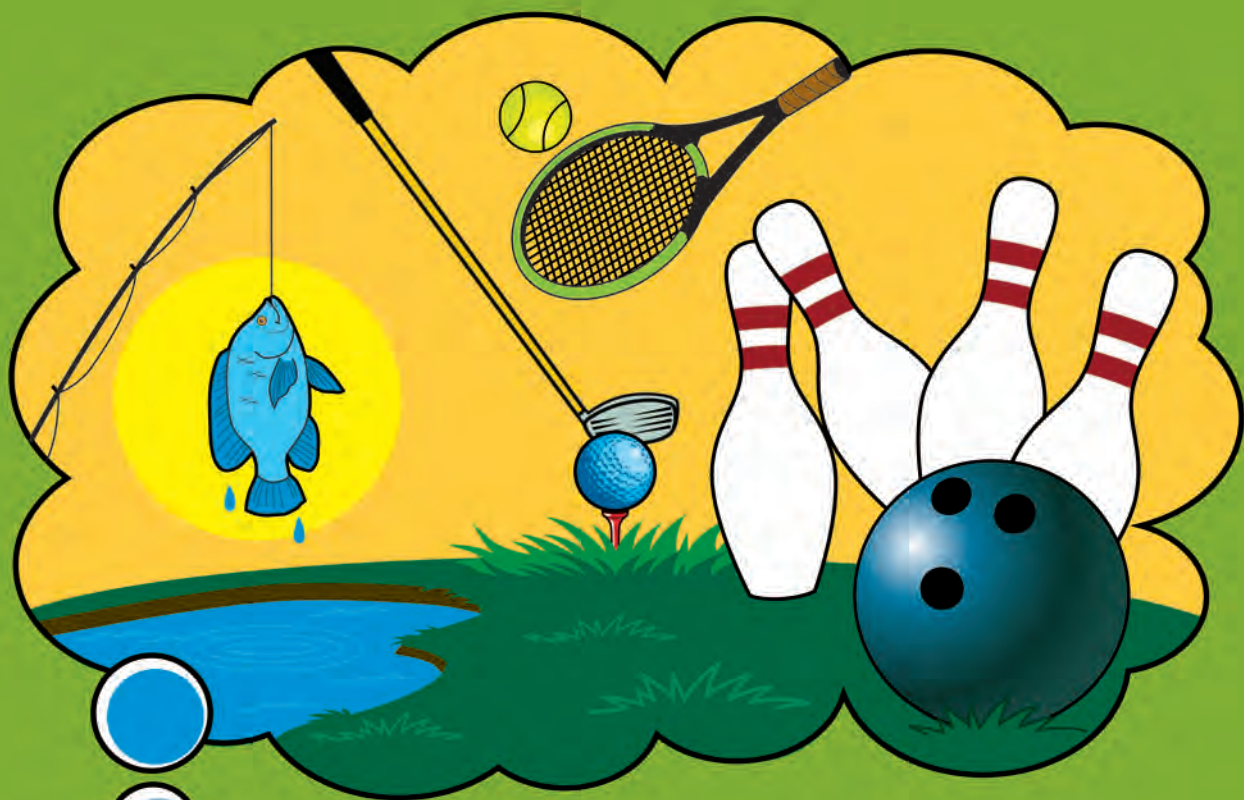
I would like to learn about ...

I am good at ...

I will practice ...

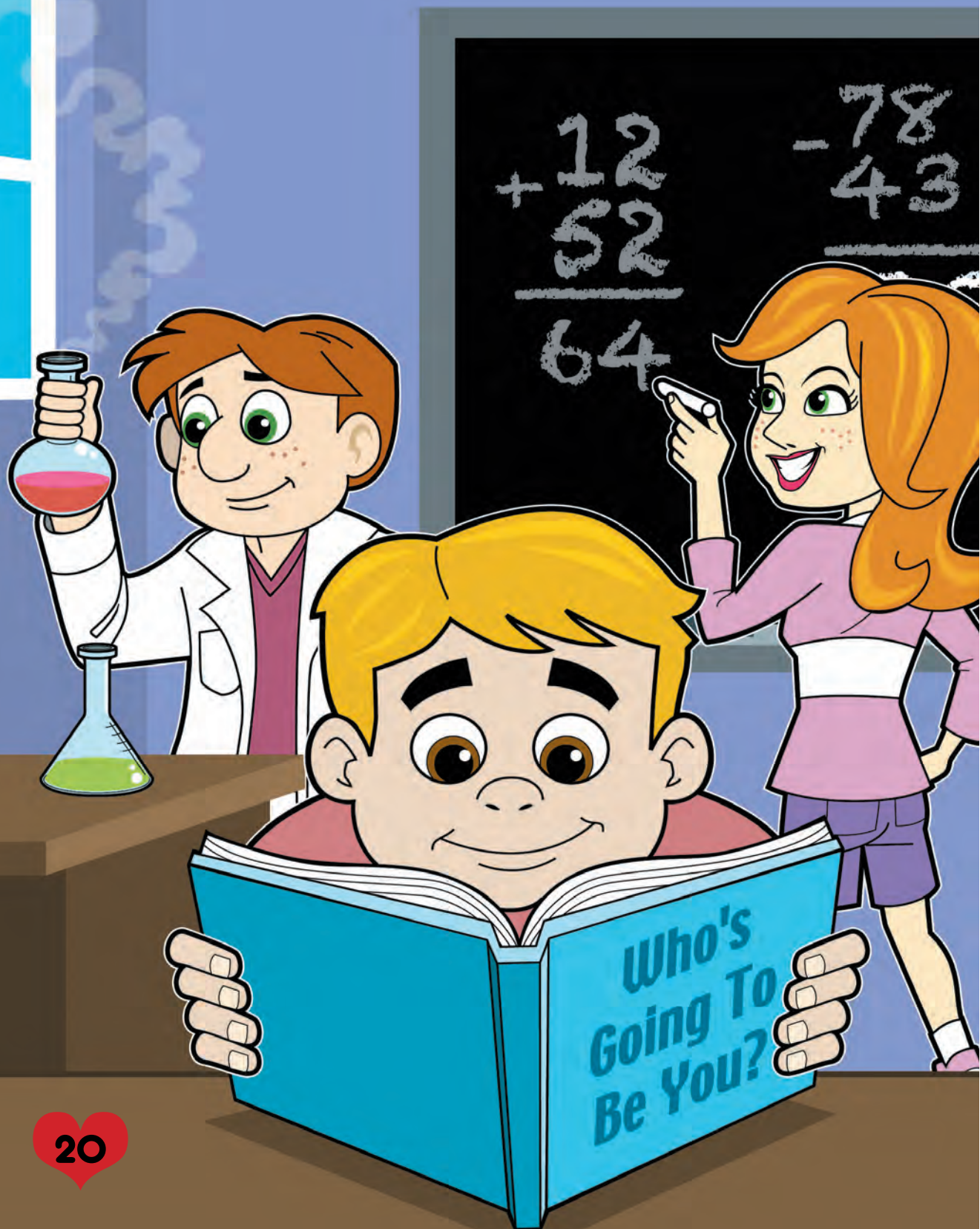
**Orion is our dear friend,
with lots of interests too.
He is learning about his inside shape,
just like me and you!**





**Orion likes to work the earth,
and to drive the big machines.
He loves to fish. He loves his pets.
Lots of loves fill his dreams.
Orion loves to golf and bowl.
At tennis he's an ace.
Orion's learning what he loves to
do, going at his own pace.**

Tammy is Orion's friend; she makes numbers fun. David likes reading stories best; James thinks science is number one!



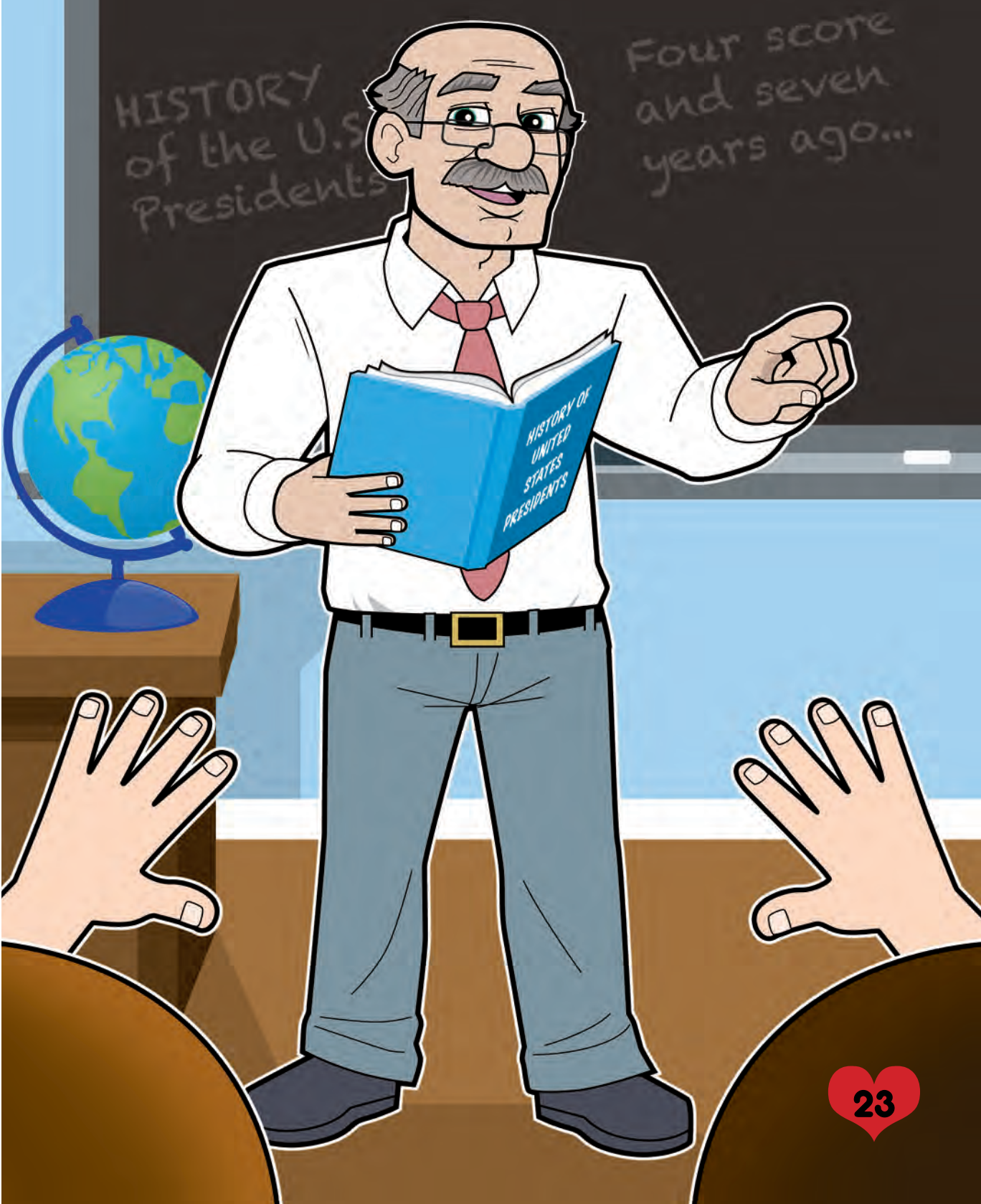
**Betty loves to garden and
harvest pumpkins in the fall.
Michael likes to work in the
house; he loves that best of all.**



Britney loves a canvas and being creative with her paints. Steven wants to help animals, he thinks pets are great!



**All of us will know people who
seem sure what life's about.**





**If you're unsure, you're not alone.
It's okay if there is doubt.**

**Growing up strong,
discovering who you are,
is not an easy task.**

**You'll have questions along
the way, so don't hesitate to
ask.**

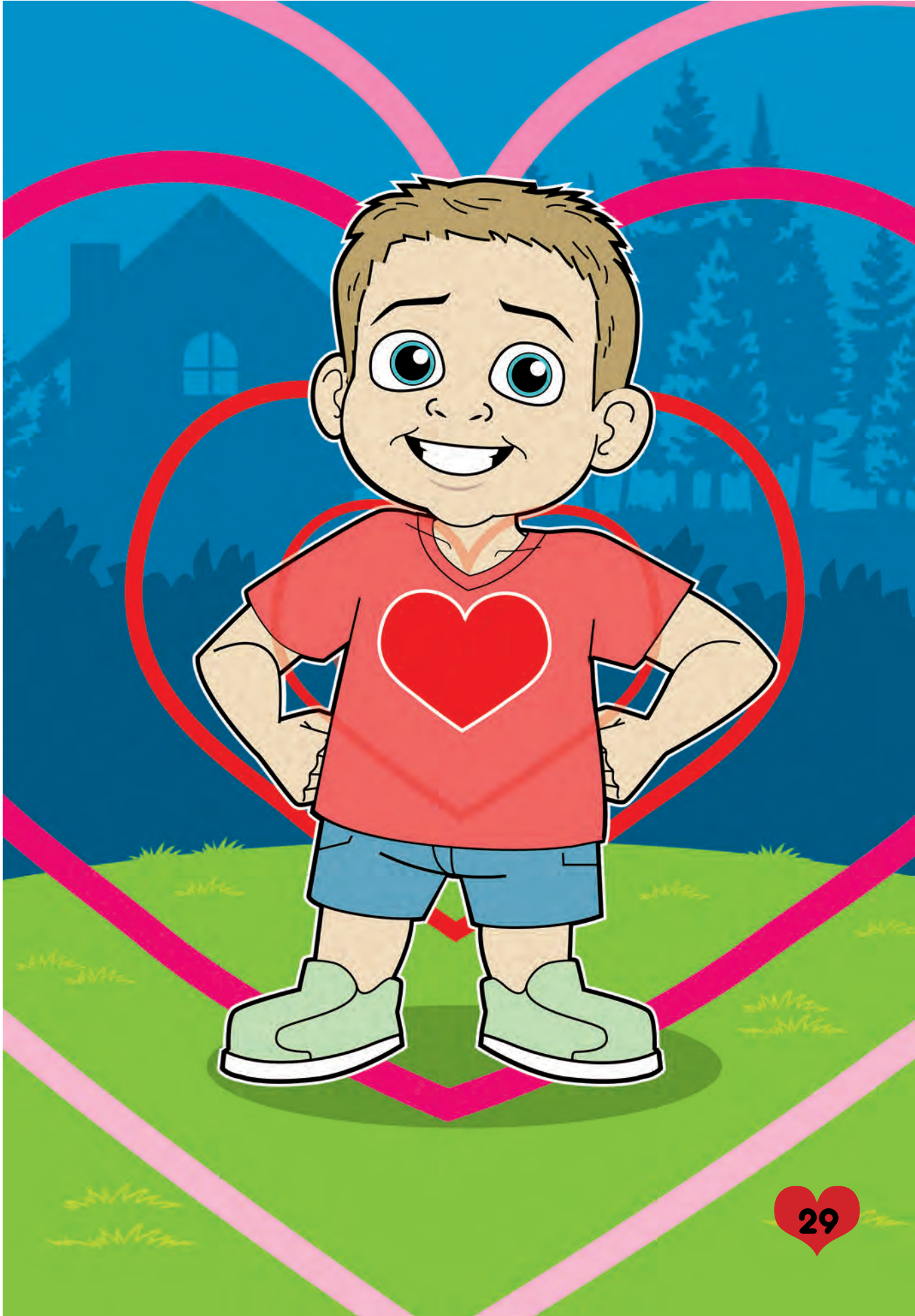




**Remember, it's not the outside
shape that's most important.
We all have different parts.**

**Your inside shape defines who you are.
That shape lies in your heart.**





About The Author



Her writing can be found at
www.ChristineSarnoDoyle.com

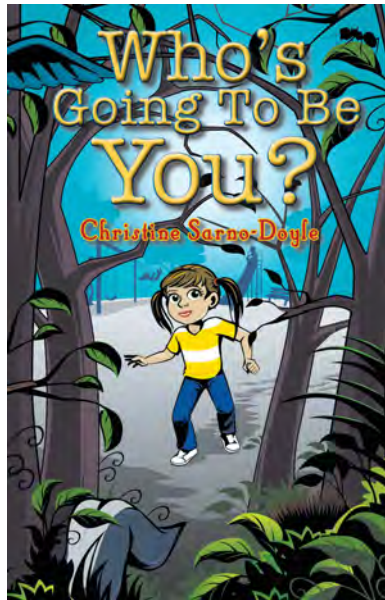
Christine Sarno-Doyle is an inspirational writer with two children's books, a novel on relationship PTSD, and motivational articles to her credit. Her children's books are *Your Inside Shape* and *Who's Going to Be You?* Both offer lessons in individuality and introduce children to ways of discovering their passions and interests and the importance of appreciating uniqueness in themselves and others.

Christine describes her writing purpose as a means to empower others, specifically in their quest to discover and focus on their individuality. "I'm all about personal growth and empowerment, and my hope is what I offer will inspire others. For children learning to value oneself can never come too early." Widowed at nineteen after losing her mother at fourteen, Christine says she struggled with her own sense of self early on and since, "It's always been important to me to reach out and help others with their sense of belonging and self-esteem."

Before becoming a full-time writer, Christine's career included development, marketing communications, and public relations. At the age of 45 she graduated Cum Laude with a Bachelor of Science in Criminal Justice from the University of Massachusetts, followed by first year of law studies at Massachusetts School of Law in Andover. Health issues cut short her legal career and brought about a reassessment of her goals. Christine decided it was time to return to her first love and to recognize her inside shape: a writer with a dream of becoming a published author.



Other children's books by Christine Sarno-Doyle



Who's Going to Be You? Children's book, ages 9+

Your Inside Shape

Your Inside Shape is a children's book that offers readers a lesson in individuality, and helps young minds realize their own unique potential to the world. With easy-to-follow poetic verse and guided illustrations, ***Your Inside Shape*** joins Orion and his friends as they learn that what is on the inside is more important than what is on the outside. Children will enjoy learning how to discover their own passions, interests, and talents, and how these inside shapes will be carried with them their entire lives. This original picture book explains in simple terms how to discover those inner qualities, how to appreciate them and to respect the qualities of others.

"Your Inside Shape delivers an important message to children about how special we all are. It's a great book and perfect to read with my classes. Older children will enjoy it too. A picture book may be geared toward younger children, but the message in this book is one that children of all ages will benefit from."

—Andrea Couvee, Elementary School Teacher, 25 years

