

what we
think.
we
become.

Buddha

start each
day with a
grateful
heart.

you
are
amazing

REMEMBER THAT.

YOU are
Braver
than you believe
Stronger
than you seem
Smarter
than you think
& loved more
than you
know.

You are
powerful,
beautiful,
brilliant
and brave.

EVERY DAY
MAY NOT
BE GOOD
BUT THERE'S
GOOD IN
EVERY DAY

Let us always
meet each other
with a smile.
for the smile is
the beginning
of LOVE.

Mother Teresa

GOOD FRIENDS
ARE LIKE STARS,
YOU DON'T ALWAYS
SEE THEM
BUT YOU KNOW
THEY ARE THERE.

you
ARE
AMAZING
just the way
YOU
ARE