



THERE IS ALWAYS A LIGHT, IF ONLY WE'RE  
BRAVE ENOUGH TO SEE IT. IF ONLY  
WE'RE BRAVE ENOUGH TO BE IT.  
- AMANDA GORMAN

*thankful*  
→ & →  
*grateful*

*there are  
so many  
beautiful  
reasons to  
be happy*

*start each day  
with a grateful  
heart*

*every  
moment  
matters*

LIFE DOES'NT  
HAVE TO  
BE PERFECT TO  
BE WONDERFUL

Be content with what  
you have; rejoice in  
the way things are.  
When you realize there  
is nothing lacking,  
the whole world  
belongs to you.  
- Lao Tzu

enjoy  
the  
little  
things

change your THOUGHTS  
and change your  
WORLD.

GOOD  
THINGS  
TAKE TIME

YOU CAN  
AND  
YOU WILL

SMALL STEPS  
EVERY DAY

**BELIEVE** *in yourself*  
make today matter

**YOU CAN  
DO  
HARD THINGS**

**PROGRESS NOT PERFECTION**

**DREAM BIG**

