SEND A POSTCARD
SEND A POSTCARD
SEND A POSTCARD
SEND A POSTCARD
SEND A POSTCARD
INVITE SOMEONE OVER FOR DINNER
INVITE SOMEONE OVER FOR DINNER
ASK SOMEONE ABOUT THEIR CULTURE
ASK SOMEONE ABOUT THEIR CULTURE
ASK SOMEONE ABOUT THEIR CULTURE
WRITE A POEM FOR SOMEONE
WRITE A POEM FOR SOMEONE
WRITE A POEM FOR SOMEONE
SENT A LETTER
SAY “GOOD MORNING” TO A STRANGER
SAY “GOOD MORNING” TO A STRANGER
SAY “GOOD MORNING” TO A STRANGER
WRITE A POEM FOR SOMEONE
SENT A LETTER
SENT A LETTER

SENT A LETTER

SENT A LETTER

MAKE SOMEONE A CD

MAKE SOMEONE A CD

MAKE SOMEONE A CD

MAKE SOMEONE A CD

SMILE AT 5 STRANGERS

SMILE AT 5 STRANGERS

SMILE AT 5 STRANGERS

SMILE AT 5 STRANGERS

COMPLIMENT SOMEONE

COMPLIMENT SOMEONE

COMPLIMENT SOMEONE

LOUGH OUT LOUD

LOUGH OUT LOUD

LOUGH OUT LOUD

LOUGH OUT LOUD

LOUGH OUT LOUD

EAT A MEAL IN SILENCE

EAT A MEAL IN SILENCE

EAT A MEAL IN SILENCE

EAT A MEAL IN SILENCE

EAT A MEAL IN SILENCE

TAKE A NAP
TAKE A NAP

TAKE A NAP

TAKE A NAP

LET GO OF SOMETHING

LET GO OF SOMETHING

LET GO OF SOMETHING

PUT ON SOME MUSIC AND DANCE

PUT ON SOME MUSIC AND DANCE

PUT ON SOME MUSIC AND DANCE

PUT ON SOME MUSIC AND DANCE

TAKE DEEP BELLY BREATHS

TAKE DEEP BELLY BREATHS

TAKE DEEP BELLY BREATHS

TAKE DEEP BELLY BREATHS

LET GO OF SOMETHING

LET GO OF SOMETHING

LET GO OF SOMETHING

CALL A FRIEND

CALL A FRIEND

CALL A FRIEND

CALL A FRIEND

CALL A FRIEND

MEDITATE FOR 10 MINUTES

MEDITATE FOR 10 MINUTES

MEDITATE FOR 10 MINUTES

MEDITATE FOR 10 MINUTES

GO TO A YOGA CLASS
GO TO A YOGA CLASS

GO TO A YOGA CLASS

GO TO A YOGA CLASS

TREAT YOURSELF TO COFFEE IN A COFFEE SHOP ALONE

TREAT YOURSELF TO COFFEE IN A COFFEE SHOP ALONE

TREAT YOURSELF TO COFFEE IN A COFFEE SHOP ALONE

MAKE FUNNY FACES IN A MIRROR FOR 5 MINUTES

SING IN THE SHOWER

SING IN THE SHOWER

SING IN THE SHOWER

SING OUTSIDE OF THE SHOWER

SING OUTSIDE OF THE SHOWER

SING OUTSIDE OF THE SHOWER

MAKING FUNNY FACES IN A MIRROR FOR 5 MINUTES

SING OUTSIDE OF THE SHOWER

COLOR WITH CRAYONS

COLOR WITH CRAYONS

COLOR WITH CRAYONS
COLOR WITH CRAYONS

HOLD THE ELEVATOR FOR SOMEONE

HOLD THE ELEVATOR FOR SOMEONE

HOLD THE ELEVATOR FOR SOMEONE

HOLD THE ELEVATOR FOR SOMEONE

WRITE AN ANONYMOUS KINDNESS NOTE

IF YOU DON’T HAVE A SMILE I’LL GIVE YOU ONE OF MINE =)

IF YOU DON’T HAVE A SMILE I’LL GIVE YOU ONE OF MINE =)

IF YOU DON’T HAVE A SMILE I’LL GIVE YOU ONE OF MINE =)

IF YOU DON’T HAVE A SMILE I’LL GIVE YOU ONE OF MINE =)

IF YOU DON’T HAVE A SMILE I’LL GIVE YOU ONE OF MINE =)

SOMEONE LOVES YOU MORE THAN YOU KNOW

SOMEONE LOVES YOU MORE THAN YOU KNOW

SOMEONE LOVES YOU MORE THAN YOU KNOW

SOMEONE LOVES YOU MORE THAN YOU KNOW

IT’S NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN
IT’S NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN

IT’S NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN

IT’S NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN

DON’T GIVE UP NOW! YOU’RE PROBABLY CLOSER TO SUCCESS THAN YOU THINK

DON’T GIVE UP NOW! YOU’RE PROBABLY CLOSER TO SUCCESS THAN YOU THINK

DON’T GIVE UP NOW! YOU’RE PROBABLY CLOSER TO SUCCESS THAN YOU THINK

YES, YOU DO DESERVE THE BEST

YES, YOU DO DESERVE THE BEST

YES, YOU DO DESERVE THE BEST

YOU LOOK GREAT TODAY =) (& EVERY DAY!)

YOU LOOK GREAT TODAY =) (& EVERY DAY!)

YOU LOOK GREAT TODAY =) (& EVERY DAY!)

I WOULD TOTALLY TRUST YOU TO DOG-SIT FOR A LONG WEEKEND

I WOULD TOTALLY TRUST YOU TO DOG-SIT FOR A LONG WEEKEND

I WOULD TOTALLY TRUST YOU TO DOG-SIT FOR A LONG WEEKEND

YOU LOOK GREAT TODAY =) (& EVERY DAY!)

YOU LOOK GREAT TODAY =) (& EVERY DAY!)

YOU LOOK GREAT TODAY =) (& EVERY DAY!)
YOU MADE SOMEONE SMILE TODAY

THE THINGS YOU SAY ARE IMPORTANT

YOU MADE SOMEONE SMILE TODAY

THE THINGS YOU SAY ARE IMPORTANT

YOU MADE SOMEONE SMILE TODAY

EVERY MOMENT COUNTS

YOU MADE SOMEONE SMILE TODAY

EVERY MOMENT COUNTS

YOU MADE SOMEONE SMILE TODAY

EVERY MOMENT COUNTS

YOUR LAUGHTER IS FANTASTIC

EVERY MOMENT COUNTS

YOUR LAUGHTER IS FANTASTIC

I LOVE THOSE SHOES

YOUR LAUGHTER IS FANTASTIC

I LOVE THOSE SHOES

YOUR LAUGHTER IS FANTASTIC

I LOVE THOSE SHOES

THE THINGS YOU SAY ARE IMPORTANT

I LOVE THOSE SHOES

THE THINGS YOU SAY ARE IMPORTANT

YOU ROCKED TODAY

YOU ROCKED TODAY
YOU ROCKED TODAY

YOU DESERVE A PIECE OF CHOCOLATE

YOU ARE SHINING BRIGHT TODAY!

YOU HAVE THE CUTEST BRAIN I’VE EVER SEEN

WHAT YOU ARE DOING MATTERS

BE PROUD OF YOURSELF, YOU SHOULD BE.
BE PROUD OF YOURSELF, YOU SHOULD BE.

I’M PROUD OF YOU.

I’M PROUD OF YOU.

I’M PROUD OF YOU.

TODAY IS YOUR LUCKY DAY! I CAN FEEL IT!

TODAY IS YOUR LUCKY DAY! I CAN FEEL IT!

TODAY IS YOUR LUCKY DAY! I CAN FEEL IT!

YOU ARE LOVED

YOU ARE LOVED

YOU ARE LOVED

SMILE!

YES, I’M TALKING TO YOU!

SMILE!

YES, I’M TALKING TO YOU!

SMILE!

YES, I’M TALKING TO YOU!

YOU ARE SO SMART

YOU ARE SO SMART
YOU ARE SO SMART
HELLO BEAUTIFUL!

YOU ARE SO SMART
HELLO BEAUTIFUL!

EVERYTHING IS GOING TO BE OK.
I SWEAR.
HELLO BEAUTIFUL!

EVERYTHING IS GOING TO BE OK.
I SWEAR.
YOU DON’T NEED LUCK,
JUST DO YOUR BEST!

EVERYTHING IS GOING TO BE OK.
I SWEAR.
YOU DON’T NEED LUCK,
JUST DO YOUR BEST!

EVERYTHING IS GOING TO BE OK.
I SWEAR.
YOU DON’T NEED LUCK,
JUST DO YOUR BEST!

KEEP YOUR CHIN UP!
YOU DON’T NEED LUCK,
JUST DO YOUR BEST!

KEEP YOUR CHIN UP!
HAVE A SUPER DAY!

KEEP YOUR CHIN UP!
HAVE A SUPER DAY!

KEEP YOUR CHIN UP!
HAVE A SUPER DAY!

HELLO BEAUTIFUL!
HAVE A SUPER DAY!
SOMEONE IS THINKING OF YOU RIGHT NOW <3

BELIEVE IN YOURSELF

ENJOY THIS MOMENT …SMILE!

YOU ARE AMAZING.
YOU ARE BEAUTIFUL.
YOU ARE ONE OF A KIND.
NEVER FORGET THAT.

YOU JUST MADE MY DAY!
THANK YOU!

YOU JUST MADE MY DAY!
THANK YOU!
YOU JUST MADE MY DAY!
THANK YOU!

YOU ARE A ROCKSTAR

YOU JUST MADE MY DAY!
THANK YOU!

YOU ARE A ROCKSTAR

YOU CAN DO IT

THANK YOU, FOR BEING YOU

YOU CAN DO IT

THANK YOU, FOR BEING YOU

YOU CAN DO IT

THANK YOU, FOR BEING YOU

YOU CAN DO IT

THANK YOU, FOR BEING YOU

YOU CAN DO IT

THANK YOU, FOR BEING YOU

YOU’RE DOING A GREAT JOB!

SMILE!

IT’S A GOOD LOOK ON YOU

YOU’RE DOING A GREAT JOB!

SMILE!

IT’S A GOOD LOOK ON YOU

YOU’RE DOING A GREAT JOB!

SMILE!

IT’S A GOOD LOOK ON YOU

YOU’RE DOING A GREAT JOB!

SMILE!

IT’S A GOOD LOOK ON YOU

YOU ARE A ROCKSTAR

YOU ARE A ROCKSTAR

YOU ARE A ROCKSTAR
ON GOOD DAYS, YOU ARE BEAUTIFUL. YOU ARE AN INSPIRATION
ON BAD DAYS, YOU ARE BEAUTIFUL.

ON GOOD DAYS, YOU ARE BEAUTIFUL. YOU ARE AN INSPIRATION
ON BAD DAYS, YOU ARE BEAUTIFUL.

ON GOOD DAYS, YOU ARE BEAUTIFUL. YOU ARE AN INSPIRATION
ON BAD DAYS, YOU ARE BEAUTIFUL.

ON GOOD DAYS, YOU ARE BEAUTIFUL. YOU ARE AN INSPIRATION
ON BAD DAYS, YOU ARE BEAUTIFUL.

SIMPLY GORGEOUS

YOU ARE AN INSPIRATION
SIMPLY GORGEOUS
YOU ARE AN INSPIRATION
SIMPLY GORGEOUS
YOU ARE AN INSPIRATION
SIMPLY GORGEOUS
YOU ARE AN INSPIRATION

YOU ARE MY CUP OF TEA
YOU ARE MY CUP OF TEA
YOU ARE MY CUP OF TEA
YOU ARE MY CUP OF TEA

IT ALWAYS SEEMS IMPOSSIBLE
UNTIL IT’S DONE
IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT’S DONE