

Accept difference Accept what you can't change Achieve Act out of love Act with kindness Ask questions Awesome Be a friend Be a little weird Be adventurous Be authentic Be charming Be courageous Be daring Be fearless Be gentle with yourself Be happy Be in the moment Be kind Be patient with yourself Be silly Be spontaneous Be the change Be unique Become the best you Believe Belly laugh Blessed Breathe Care for others Challenge yourself Choose joy Collaborate with someone Collect moments, not things Compliment yourself Count your blessings Courage Create a good life Create good karma Create healthy habits Creative Cultivate kindness Dance in the rain Decide to try Determined Discover Do everything with love Do not judge Do what makes your soul happy Don't be afraid

Don't give up Don't stress Don't underestimate yourself Dream big **Embrace change** Embrace the day **Empower others** Enjoy the journey Enjoy the moment Enjoy today Experience life Explore Express gratitude Express your feelings Faith Fall in love Find your voice **Finish something** Follow your dreams Forgive Forgive freely Giggle Give compliments Give freely Give hugs Give it your all Give more hugs Give someone a hug Give thanks Give your time Good hearted Grow continuously Happiness Hard is not impossible Have a great attitude Have faith Have integrity Have no regrets Have patience Hope Ignore the haters Imagine more Innovative Inspiration Inspire others Just believe Keep on moving Keep secrets Keep smiling Keep trying

Keep your promises Kindness Laugh at yourself Laugh freely Laugh out loud Learn something from everyone Let go Believe in yourself Let go of blame Listen well Live minimally Live with purpose Live. Love. Laugh. Look for opportunities Love Love fiercely Love truly Love unconditionally Love yourself Make a wish Make changes Make good decisions Make new friends Make peace Make positive changes Make someone laugh Make someone smile Make work meaningful Miracles Mistakes are lessons Motivate Never give up Nothing is impossible Nuture hope Observe and listen Observe the moment Offer kind words Open your heart Open-mindered Pat yourself on the back Patience Persistence Perspective Play with abandon Practice self-compassion Practice stillness Random acts of kindness Relax Rest and relax **Rise strong**

See the good See your own beauty Seek adventure Seek excellence, not perfection Seek respect Seek wisdom Serve with humility Set goals Share your ideas Show up Sing loudly Smile Smiles are contagious Smiles are free Speak the truth Stay curious Stay humble Stay positivie Stay real Stay strong Strength Take a chance Take chances Take risks Take time to listen Tell someone thank you Think big Touch hearts Trust vour instincts Trust yourself Try something new Understand Value truth Win graciously Wish on a star Wish others well Work hard Worrying changes nothing You are amazing You are beautiful You are brave You are fabulous You are kind You can do it You make me happy You're awesome You're extraordinary You're special You're the best You've got this

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