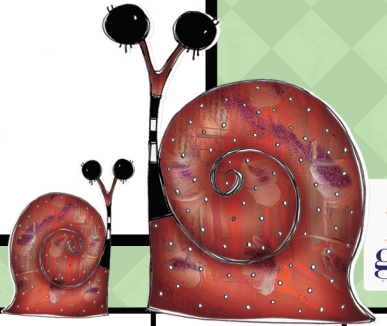


Today, I will



Find something to laugh about

Be a source of kindness

Love with an open heart

Share something

Connect with someone

Share my light

Be patient with myself

Find the gift of each experience



Stay in the moment

Find something to smile about

Be a source of joy

Be grateful for what I have

Step out of my comfort zone

Try something new

Be brave

Be kind to myself and others

Do my best



Have a wonderful day