



Every moment is an opportunity

Communicate with love. Don't judge.

Give thanks for another day

You can always be
what you want to be.

You are beautiful. Always.

Forgive and Forget. It's better to do.

Complaining gets you nowhere.
There's always a silver lining.

You are more fortunate than you think.

Small things do matter. In big ways.

Look around, there's always
something to make you smile.