

**Always try to help a  
friend in need**



**Believe in yourself.**



**BE BRAVE!....**



**but remember... it's ok to  
be afraid sometimes.**





**Give lots of kisses.**



**Don't be overly concerned  
with your weight, it's just a  
number!**



**Always try to see the  
glass half full.**



**Meet new people, even if they look different to you.**





**Have a good sense of  
humor and laugh often.**



**Love your friends, no  
matter who they are.**



**Don't waste food.**



**Take an occasional risk.**



**RELAX... EVEN, ON  
THOSE STRESSFUL  
DAYS!!**





**Try to have a little fun  
each day...**



**AND...it's important, no  
matter what...**



**to work together as a  
team,**



**share a joke with your  
friends and neighbors,**



**and fall in love with  
someone special...**





**Say "I love you" often.**



**Express yourself  
creatively.**



**Always be up for  
surprises.**



**Share with a friend.**



**Remember the saying,  
Good things happen to  
good people!**





**There is always someone  
who loves you more than  
you know.**



**Exercise a little each day!**



**Hold on to GOOD friends;  
they are few and far  
between!**

