



Take a moment from your day to  
learn a few good lessons...



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



**Remember, on a bad day you are almost never alone!**



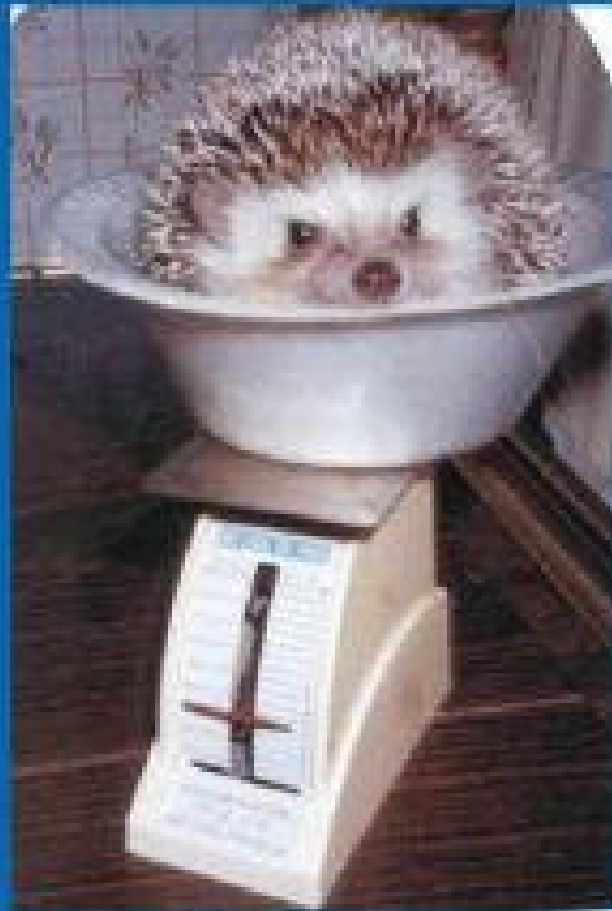
**Close your eyes and smile at least once a day!**



**Hold onto good friends, they are few and far between!**



**Laugh often**



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



Indulge in the things you truly love



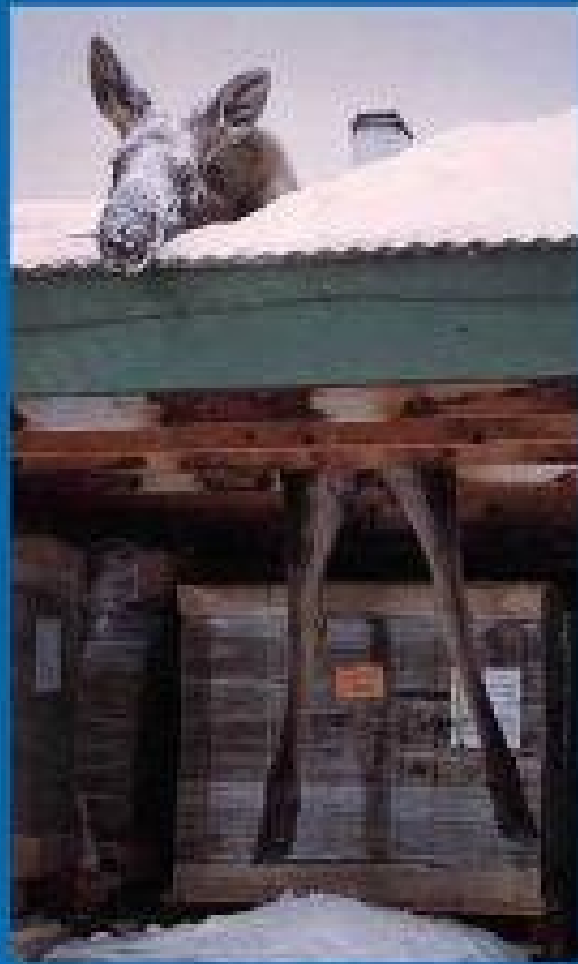
**Always try to see the glass half full**



**Meet new people, even if they  
look different than you**



Remain Calm...



... even when it seems hopeless



Take lots of naps...



**RELAX!!**



**Keep your head up**



**Enjoy expensive toys often**



**Never be ashamed...**



There is always someone who  
loves you more than you know



**It will get better**



**Give it your all**



**Be weird whenever you have the chance**



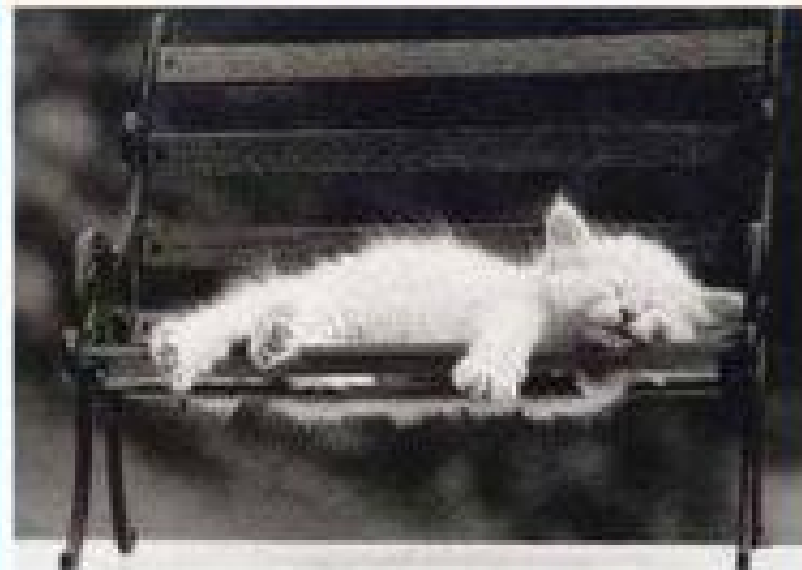
**Always be up for surprises**

PRAY





Love someone with all of your heart



What a week this has been...

**Cherish every Sunday!**



And love your friends, no matter who they are