

Sometimes in life, you find a special friend;
Someone who changes your life
just by being part of it.
Someone who makes you laugh
until you can't stop;
Someone who makes you believe
that there really is good in the world.
Someone who convinces you
that there really is an unlocked door
just waiting for you to open it.

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



**Believe in
yourself**



**Be brave...but
it's ok to be
afraid
sometimes**



Study hard



**Give lots of
kisses**



Laugh often



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**



**Remain calm,
even when it
seems
hopeless**



Take lots of naps..



**Be weird
whenever you
have the
chance**



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



**Don't waste
food**



RELAX



**Take an
occasional risk**



**Try to have a
little fun each
day.
...it's important**



**Work together
as a team**



**Share a joke
with friends**



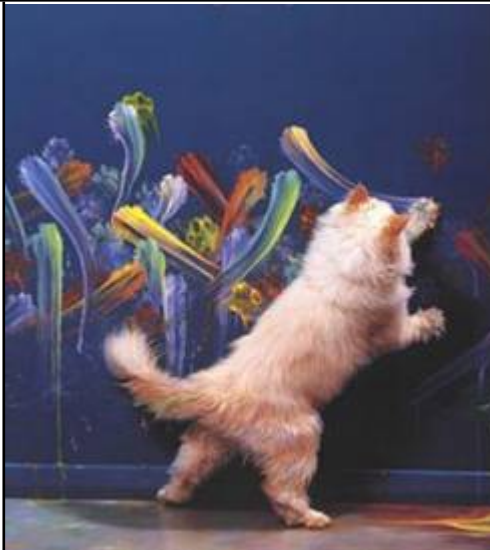
**Fall in love with
someone ..**



**...and say "I
love you" often**



**Express
yourself
creatively**



**Be conscious
of your
appearance**



**Always be up
for surprises**



**Love someone
with all of your
heart**



**Share with
friends**



**Watch your
step**



It will get better



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



**Exercise to
keep fit**



**Live up to your
name**



**Seize the
Moment**



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



**Indulge in the
things you truly
love**



**Cherish every
Sunday**



What a week this has been...

**At the end of
the day... PRAY**



..... and close your eyes

**And smile at
least once a
day!**

