

Notes of encouragement : print and hang in a public place  
- like your local park, library or a coffee shop!

*Hey you!*

**YOU GOT  
THIS!**

Now take one or share with a friend

You are loved!

Be whoever you  
want to be!

You are enough!

Let your light shine  
everywhere you go!

Be awesome today!

You are amazing  
the way you are!

Dream big!

You are stronger  
than you think!