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
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!

Life is Short

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them.