

ACTIVITIES

MESSAGES OF HOPE

Get outside with your friends and family and get **CHALKING!** Chalk your Messages of Hope on your driveway, patio, or sidewalk for all to see!

MESSAGES

- Don't let anyone dull your sparkle
- When it rains, look for rainbows, when it's dark look for stars
- There is no one else in the world just like you
- Don't look back; you're not going that way
- Be Yourself; everyone else is taken
- You were born to be real, not perfect
- Sometimes on the way to a dream, you get lost and find a better one
- Difficult roads often lead to beautiful destinations
- The beautiful thing about learning is no one can take it away from you – B.B. King
- Don't let what you cannot do interfere with what you can do – John Wooden
- A person who never made a mistake never tried anything new – Einstein
- The expert in anything was once a beginner – Helen Hayes
- Learn from Yesterday. Live for Today. Hope for Tomorrow – Einstein
- In a world where you can be anything, be kind
- Failure doesn't mean the game is over; it means try again with experience
- Be the change you want to see in the world
- The sky is full of stars, and there is room for them all to shine
- Remember failure is an event, not a person
- Hope is Real, and Your story is important
- When you change the way you look at things, the things you look at change
- Don't allow others to hurry your healing, it's a process, and it's yours
- Self Care is about soothing your soulSelf-care is not selfish; it's self-love
- Talk to yourself the way you would talk to your best friend
- HOPE – Hearing Other People's Experiences
- HOPE – Help Open People's Eyes
- Be the reason someone believes in good people
- All you can change is yourself, but that can change everythingIt's not okay today. But today is not forever. It will be okay again
- Kindness never goes out of style
- These mountains that you carry, you were only supposed to climb