

LESS SUGAR { **YOU'RE SWEET** } **EAT MORE**
ENOUGH ALREADY

SAY NICE THINGS **DON'T FORGET TO** **GREEN THINGS**
ABOUT OTHERS **BREATHE** **ASK FOR**
HELP
WHEN YOU
NEED IT

THIS TOO SHALL PASS **DRINK MORE WATER**
YOUR BODY IS 55% WATER AFTER ALL

MAKE NEW **GIVE YOURSELF**
A BREAK
FRIENDS **YOU'RE**
DOING **TALK LESS** **ADD**
GREAT **LISTEN MORE** **MORE**
LIFE

CHOOSE **TO BE HAPPY** **GET MOVING** **EVEN IF IT'S JUST**
AROUND THE BLOCK

TAKE RISKS **STEP OUTSIDE OF YOUR**
NORMAL ROUTINE

FORGET MILESTONES **SMILE**

REMEMBER **MAGICAL**
MOMENTS