

A loving, helping heart



**Most of you
maybe know how
it is to have a
broken heart.
Feeling lonely, or
unmotivated...**



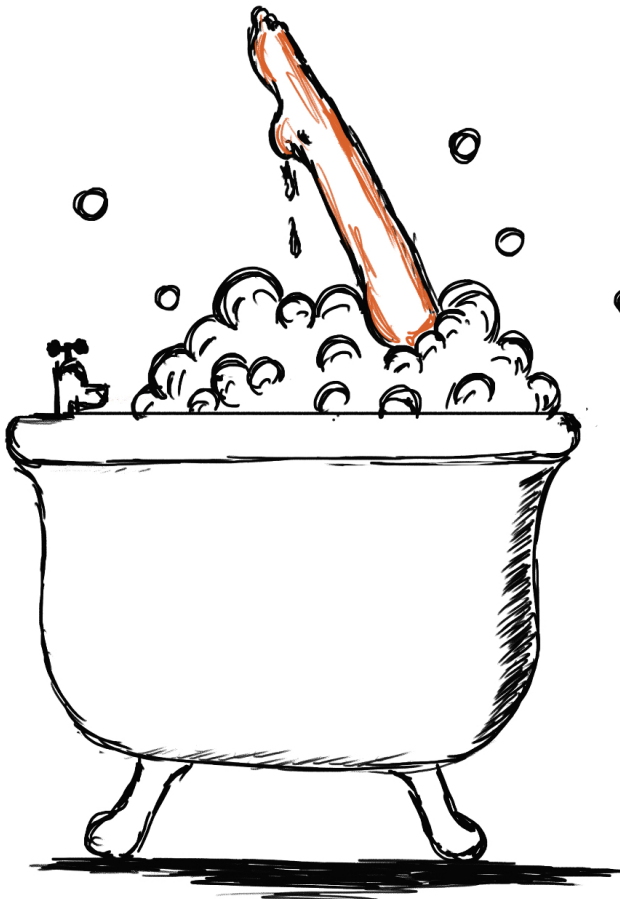
**Your heart is heavy and feels like
it shattered to pieces.**



**Start thinking about all the
blessings you have in your life -
like your cat.**



**Take care of yourself and
enjoy your alone time. This
is one of the best things
you can do.**



**Enjoy time with your
friends and family and
count them twice as a
blessing.**



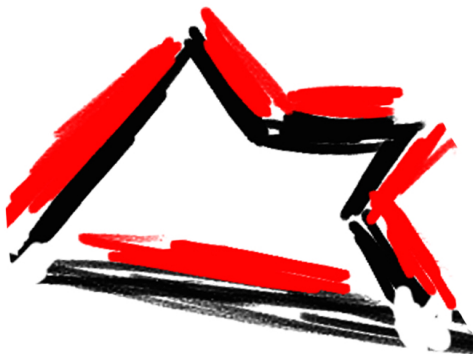
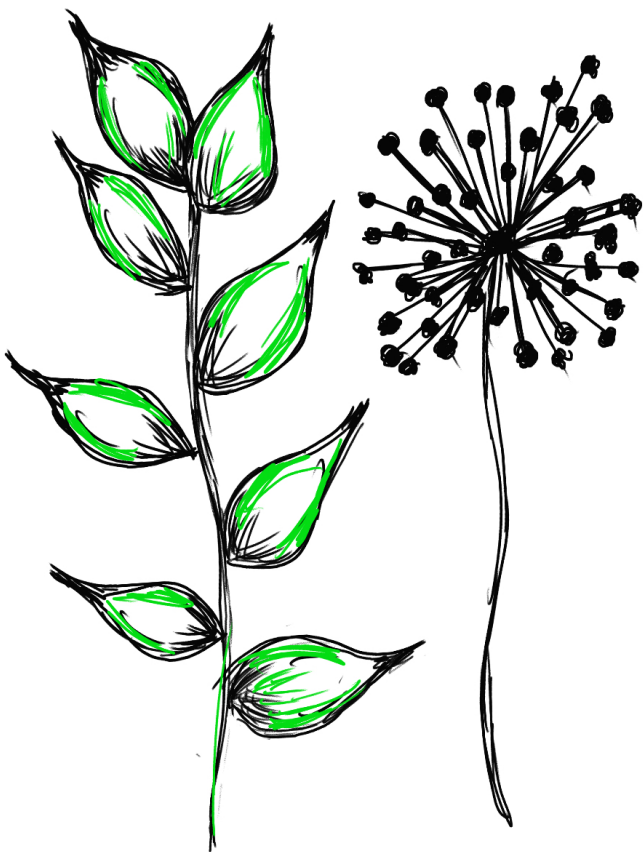
**Think about all the times
your best friend has listened
to you and has been your
biggest supporter. Give them a
call to catch up if you haven't
in a while.**



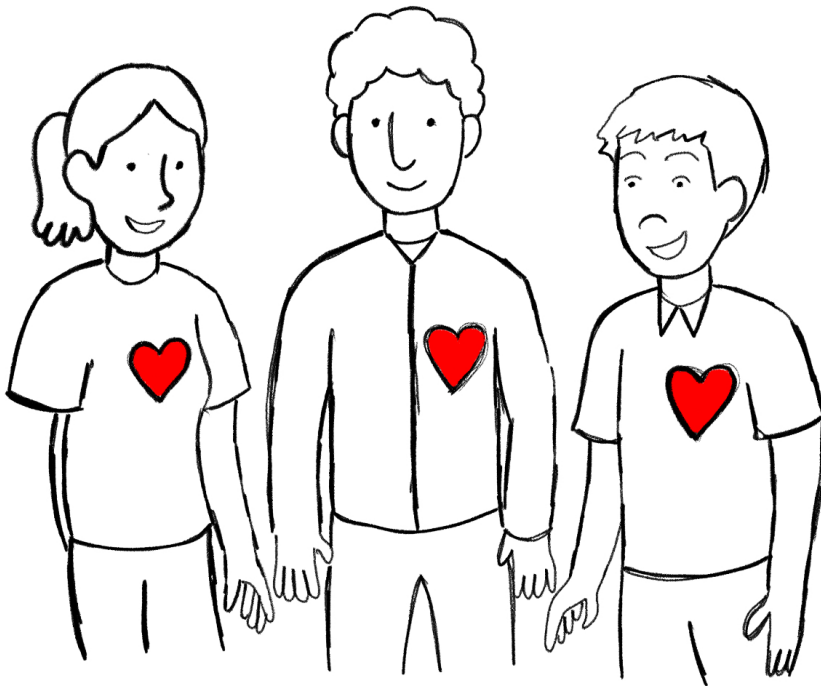
Missing
you!!



**And remember: it's okay to
be sad. Happiness is like
wildflowers: it's often found
in the most unlikely places.**



**Once you find your life's purpose,
help others do the same. Sharing
is caring.**





Be the sun after a rainy day for others. Create good memories with the people in your life.

**The world is at the palm
of your hands. Make the
most out of it and help
others get there too.**



**A loving,
helping heart
is the essence
of life. Fill
your heart
with good
things, and
pass them on.**

