

pursue happiness

release fear

open up my heart

trust myself

believe in magic

aim for awesome

know i can do it

just go for it

be spontaneous

ask why

let joy in

play more

laugh more

trust more

spend time alone

make friends

find a new talent

give of myself

make time for fun

climb mountains

banish doubt

make beauty

stop & listen

truly hear

push boundaries

follow my heart

be here now

be content

be honest

let it go

follow dreams

offer freely

| | |
|-------------------|--------------------|
| dream big | swim upstream |
| let magic happen | be thankful |
| be grateful | be myself |
| find community | believe in fairies |
| go adventuring | road-trip more |
| love this moment | explore |
| aim for the stars | i am enough |
| it will happen | the time is now |
| stop waiting | keep trying |
| don't hesitate | dive in |
| snuggle more | dance party time |
| visit friends | visit family |
| write letters | find my bliss |
| create | plant seeds |
| grow roots | feel at home |
| build a home | have a place |

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|----------------|-------------------|
| have focus | find direction |
| go ever upward | be a leader |
| grow & change | want more |
| try harder | expect less |
| open up | wake up smiling |
| welcome change | open doors |
| be clear | praise others |
| praise myself | aim for the stars |
| allow weakness | fail often |
| have hope | be stronger |
| be vulnerable | help others |
| keep climbing | experience fully |
| wander freely | take chances |
| take risks | be humble |
| be confident | cultivate joy |
| forsake fear | conquer doubts |

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|--------------------|------------------|
| life is for living | love diversity |
| don't quit now | smile widely |
| laugh loudly | care for myself |
| be gentle | take what i need |
| be patient | move forward |
| make plans | think ahead |
| stop worrying | defeat stress |
| go for a walk | go out dancing |
| i will be okay | i can do this |
| my time is now | this is the year |
| take a chance | risk it all |
| leap | take flight |
| follow my path | go confidently |
| it will get better | write it down |
| take my time | be intentional |
| no excuses | try new things |

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|-------------------|------------------|
| love myself | know my worth |
| pride in myself | do what i love |
| create art | share my ideas |
| make it happen | be a leader |
| pass on kindness | soar |
| stop & think | listen to my gut |
| trust intuition | be mindful |
| be irreverant | live fiercely |
| be true to myself | be inquisitive |
| achieve goals | change my mind |
| be different | use what i have |
| let it be | know i am loved |
| give thanks | find clarity |
| open my eyes | today is the day |
| spread joy | call a friend |
| surprise myself | defy expectation |

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| the time is now | i am capable |
| know my power | rely on myself |
| ask for help | don't do it all |
| i am not alone | choose joy |
| i have all i need | see my value |
| keep my head up | it is possible |
| know i am unique | never too late |
| have a picnic | experience fully |
| go boldly | bypass obstacles |
| be amazing | inspire others |
| inspire myself | life is wonderful |
| give respect | seek kindness |
| take off flying | defy gravity |
| uplift the world | build myself up |
| step by step | minute by minute |
| day by day | year by year |

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| say hello & smile | keep my head up |
| ask: am i happy? | say yes |
| do good deeds | enjoy this now |
| chin up! | do my best |
| go & do it | work hard |
| have faith | life is good |
| carpe diem | want less |
| decide on joy | i am blessed |
| be inspired | heart wide open |
| be ready for it | no whining |
| don't hold back | just be |
| it's okay, really | count blessings |
| lighten up | shout it out |
| make memories | be happy now |
| dream on | have courage |
| be remarkable | stay calm |

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|-------------------|-------------------|
| i'll get there | breathe deeply |
| be present | explore life |
| love abounds | i am beautiful |
| life is precious | all is well |
| enjoy the ride | take risks |
| let love in | challenge easy |
| make can't=can | it gets better |
| i need to be here | have a great day |
| lift off! | life matters |
| celebrate now | be fully present |
| free myself | refuse to give up |
| resist boredom | be the best me |
| go further | feel deeper |
| care more | follow through |
| don't sabotage | go the distance |
| don't try-Do | tell the truth |

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|---------------------|------------------|
| it's all uphill | attain my dreams |
| accept my limits | set my own pace |
| break barriers | scale my walls |
| manifest dreams | negotiate chaos |
| act don't react | have crazy ideas |
| build bridges | be original |
| be productive | use my time well |
| nuture my spark | celebrate myself |
| birth new ideas | start projects |
| take responsibility | reject stasis |
| learn to be still | forge a path |
| do it my way | be receptive |
| be a catalyst | motivate others |
| kindle my fire | spark creativity |
| ignite my heart | be a firestarter |
| remember why | bring it on! |

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| be accountable | be appreciative |
| find my bliss | unpack baggage |
| allow grieving | seek rainbows |
| be wild & free | find solutions |
| be self-aware | sit with silence |
| it's okay to fail | deny mediocrity |
| be extraordinary | I am not less |
| wake up happy | start today right |
| make time for joy | be a good friend |
| be hopeful | be optimistic |
| take heart | all is for the best |
| take charge | life is fantastic |
| follow my muse | i can do anything |
| life is waiting | don't panic |
| aspire to greatness | hold tight to love |
| abolish apathy | pursue passion |

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|------------|------------|
| daydream | stargaze |
| plan | resolve |
| sparkle | aspire |
| pursue | play |
| adventure | forgive |
| enjoy | receive |
| give | accept |
| envision | gratitude |
| dazzle | radiance |
| energize | enthusiasm |
| illuminate | courage |
| bravery | honesty |
| openness | kindness |
| grace | beauty |
| friendship | excite |
| network | organize |

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|-------------|------------|
| thrive | believe |
| trust | hope |
| create | excel |
| dream | grow |
| succeed | shine |
| overcome | triumph |
| bloom | flourish |
| breathe | expand |
| yes! | relax |
| rebel | achieve |
| participate | engage |
| experience | forgive |
| develop | connect |
| ignite | catalyze |
| motivate | accelerate |
| imagine | improvise |