

What  
inspires  
you?

# reach out

“For every dark night, there’s a brighter day. – Tupac Shakur

“The only way to make sense out of change is to plunge into it, move with it, and join the dance. – Alan Watts



“Be who you are and say what you feel because those who mind don’t matter and those who matter don’t mind. – Dr. Seuss

mindyourmind

breathe

groove

inspire

# get help

You are never too old to dream a new dream

“Speak your mind even if your voice shakes. – Maggie Kuhnt

“At the center of your being, you have the answer; you know who you are and what you want. – Lao Tzu

“Don’t you ever let a soul in the world tell you that you can’t be exactly who you are. – Lady Gaga

# give help

“Nothing will work unless you do. – Maya Angelou

“Do not go where the path may lead, go where there is no path and leave a trail. – Ralph Waldo Emerson