

BE ALIVE

Think freely. Practice patience.
Smile often. Savor special moments.
Make new friends. Rediscover old ones.
Tell those you love that you do.
Feel deeply. Forget trouble.
Forgive an enemy. Hope. Grow.
Be crazy. Count your blessings.
Observe miracles. Make them happen.
Discard worry. Give. Give in.
Trust enough to take.
Pick some daisies. Share them.
Keep a promise. Look for rainbows.
Gaze at stars. See beauty everywhere.
Work hard. Be wise. Try to understand.
Take time for people.
Take time for yourself.
Laugh heartily. Spread joy.
Take a chance.
Reach out. Let someone in.
Try something new. Slow down.
Be soft sometimes. Celebrate life.
Believe in yourself. Trust others.
See a sunrise. Listen to rain. Reminisce.
Cry when you need to.
Trust life. Have faith.
Enjoy. Wonder. Comfort a friend.
Have good ideas. Learn.
Make some mistakes.
Explore the unknown. Hug a kid.

BE ALIVE!