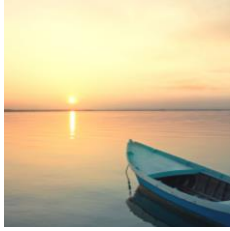


# HAPPINESS & WELLBEING

I breathe in  
calmness,  
I breathe out  
stress



May I  
awake each  
day renewed



Laugh often  
& much

Be still,  
be present,  
be mindful



I am strong enough  
to stand alone  
but wise enough  
to ask for help

I feel calm,  
safe and  
grounded



Sky above me,  
earth beneath  
me, fire  
inside me



Peace comes  
from within

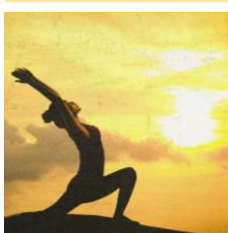
Go outside.  
Breathe.  
Let nature  
restore you



Close each  
day with  
a smile



May I always find light  
in the darkness,  
and sunshine in the  
shadows



Fill the  
world with  
sunshine  
every day



Do more of  
what makes  
you happy



May my body  
be strong,  
my heart wild  
& my spirit free

Life is  
beautiful



Surrender to  
the festival  
of life



Seek the sweet  
moments in  
every day

My body  
achieves  
what my  
mind believes



Where am I?  
Here  
When is it?  
Now



Be happy,  
be bright,  
be you

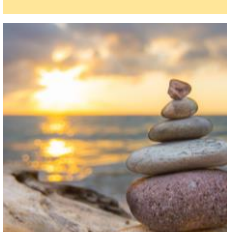


May your  
life be filled  
with serenity  
and peace



Recharge  
my body  
& reclaim  
my self

True  
wellbeing  
comes from  
within



I let go of fear,  
I let go of worry,  
I let go of doubt