

# H O P E

To whom this may concern,

You are going to be okay even when it seems like everything is chaotic. Spend time with those who lift you up and take it day by day. You are incredible and make this world a better place because you are here. Better things are coming your way so hang in there so hang in there. Some periods of growth are confusing and we don't even realize growth is happening. The hopeless times in life end up being the times we waited for, in these periods we realize we are being prepared for the next phase. Don't lose hope, please believe in yourself and that there are beautiful things waiting for you.

# LOVE

To whom it may concern,

Every. Single. Part. Of. You. Is. Amazing. Look in the mirror today and take it all in. Look at every inch of yourself that has been through the good times, the bad times, the heartbreak, and the growth. Tell yourself that you're beautiful and mean it. Without everything that makes up you, you would not be the unique person that you are. Love yourself for being you today.

Love yourself for being you everyday.

# CONFIDENCE

To whom this may concern,

Remember that it's okay not to feel confident sometimes because there's a lot of new things happening in our lifetime and we can't feel 100% confident until we're perfectly familiar with them.

Don't stress yourself out because of the fact that you feel unconfident while everyone else seems to be super confident.

# PERSISTENCE

To whom it may concern,

I know at this last stretch of school it can be very hard to stay determined and persistent but you're almost there. Keep showing up, anything is possible. Be persistent and you will get it, be consistent and you will keep it. Start with little accomplishments to do daily and you will develop many persistent habits. No matter what happens or how far you think you're away from your dreams, never stop believing that you can't still make it happen. Everything will work out, you have a great purpose. Keep striving and pushing forward.

# *KNOWNESS*

To whom it may concern,

I don't know you but I know that you're better than you think you are. Take things one step at a time. Sometimes life is hard but that's because when things get tough we find our path and our true self. You are brave, strong, and free. When you feel small in this big world, be still. Let your little light shine. Continue to keep working hard. You are loved and appreciated.

# PEACE

To whom it may concern,

In a heartbroken and tragic world, it is very hard to find peace. Be mindful, hopeful, and grateful. Distance yourself from negativity and find inner peace. When things feel chaotic, I promise it won't last forever. Remember that everything happens for a reason. Your accomplishments aren't unnoticed, keep growing. Find things that help bring you peace when you are overthinking and exchange them out. If it is out of your control, then it deserves freedom from your mind. You attract the right things when you have a sense of who you are. Protect your peace by being unavailable to toxicity, negativity, and anything bringing down your sparkle.