

INSTRUCTIONS:

1. WRITE MESSAGE
2. CUT OUT HEART SHAPE
3. DECORATE
4. SHARE
5. REPEAT

**WRITE
THIS MESSAGE
ON YOUR NOTE:**

Dear stranger, this is a note to remind you how amazing you are. This is a note to remind you how beautiful you are. This is a note to remind you how unique and talented you are. Life can be difficult sometimes, but it is important to keep in mind you are so **BRAVE!** You are so **STRONG!** With this note, I hope to inspire you to make a difference in this harsh world we live in! Pay this kindness forward and pass it on! Make someone feel the way you feel right now! Give this gift of kindness to a friend, family member, or even a complete stranger! I hope the rest of your day week **LIFE** is filled with happiness and success. XOXO

Share your experience with the world #careforthree

Be a part of the movement, find out more at careforthree.com

MISSION:

By handwriting this message and putting it out into the world, you are helping spread love, encouragement and connection to people around the world. Write three notes for maximum effect, or more for faster results! Also, please share online with pictures and your thoughts about the experience. Hashtag us #careforthree or share directly with us @careforthree so others may find out and join the movement. Visit careforthree.com for more information and hear our story at goo.gl/Yzp14a **THANK YOU**