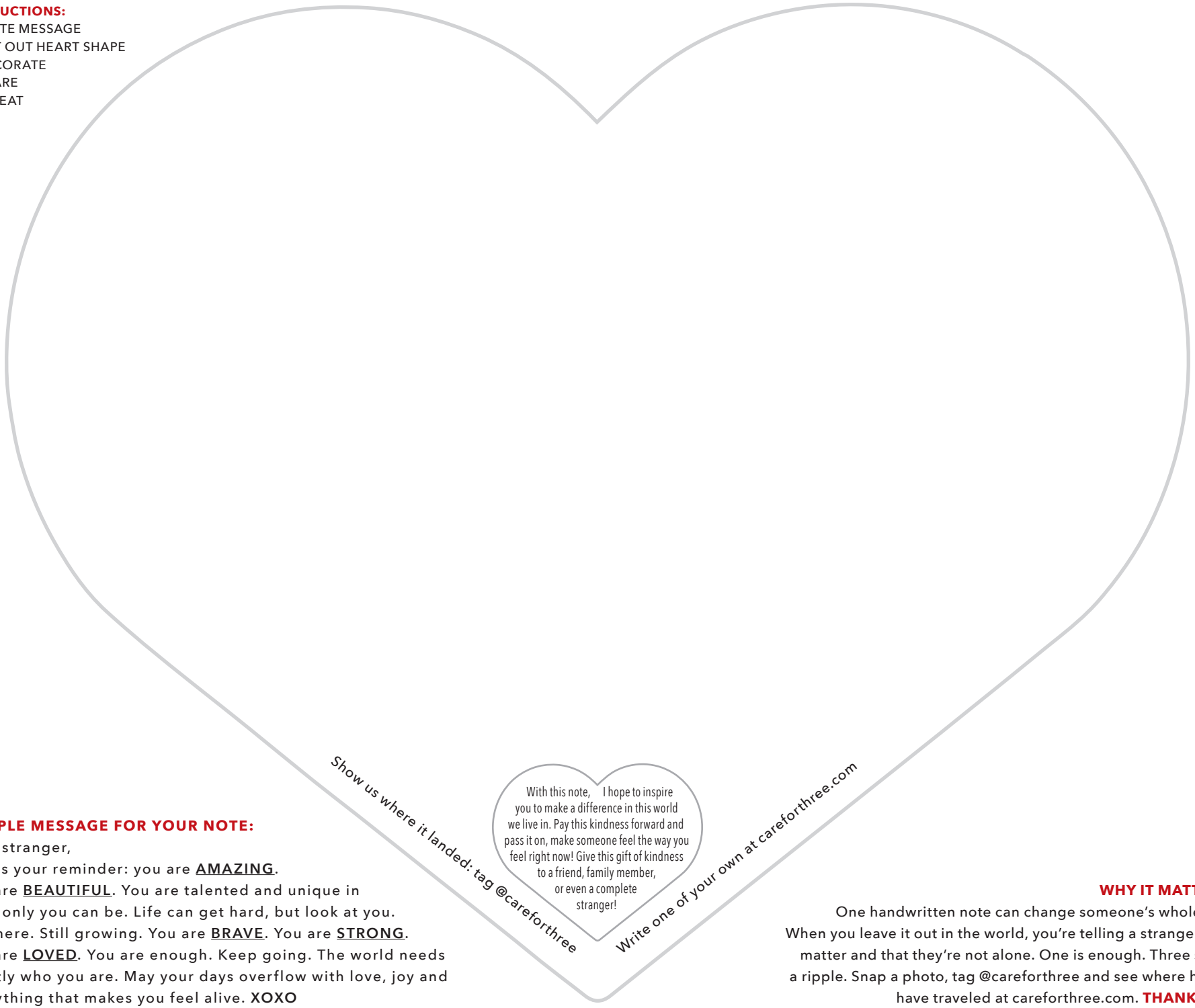
INSTRUCTIONS:

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



SAMPLE MESSAGE FOR YOUR NOTE:

Dear stranger,
This is your reminder: you are **AMAZING**.
You are **BEAUTIFUL**. You are talented and unique in ways only you can be. Life can get hard, but look at you. Still here. Still growing. You are **BRAVE**. You are **STRONG**. You are **LOVED**. You are enough. Keep going. The world needs exactly who you are. May your days overflow with love, joy and everything that makes you feel alive. **XOXO**

WHY IT MATTERS:

One handwritten note can change someone's whole day. When you leave it out in the world, you're telling a stranger they matter and that they're not alone. One is enough. Three starts a ripple. Snap a photo, tag @careforthree and see where hearts have traveled at careforthree.com. **THANK YOU**