

**INSTRUCTIONS:**

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

**SAMPLE MESSAGE FOR 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 challenging sometimes, but it is important to remember... you are so **BRAVE!** You are so **STRONG!** Keep going, you got this! May the rest of your **day week LIFE** be filled with love and happiness.  
XOXO

With this note, I hope to inspire you to make a difference in this 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!

**MISSION:**

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

Share your experience with the world and tag us @careforthree

Be a part of the movement, find out more at [careforthree.com](http://careforthree.com)