



**Do...**

Do love yourself.

Do be kind.

Do care for you.

Do it your way.

Do it every day.

Do yourself proud.

Do love with all your heart.

Do not give up.

Do not give up.

Do. Not. Give. Up.

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## Laugh

Oh boy it is so important.

Seek it out every day in some way or another.

Watch funny movies.

Speak with a friend that you know for sure you will end up in stitches with. Funny how we can have people like that in our lives isn't it?

Watch comedians that tickle your funny bone and that you love.

Pull out your laughter. Be aware of it and take joy in the sound of your own mirth.

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## Loved

Being loved comes in all shapes and sizes.

It isn't always red hearts and roses from 'the one'.

It can come from you neighbour, your friend, a stranger in the supermarket.

Your job is just to recognise it and pass it on...

