

SEE YOUR STRENGTH®

A Movement of Self Love



20%
of positive
message decals



100%
of suicide
prevention decals

PROFIT\$

go toward decal
packages for
schools who have
lost a student
to suicide

Has your office turned into a steady stream of students seeking mental health help?



How many times have you seen students not recognize their own value and worth? But instead rely on someone else's opinion of them?

Don't you wish you could give them a tool to change the lens with which they see themselves?

According to National Institute of Mental Health, just over half (50.6%) of children aged 8-15 received mental health services in the previous year.



See Your Strength with Positive Personal Language

The mirror is your friend!

Using the mirror is the most powerful method I've found for learning to love yourself and see the world as a hopeful and comfortable place. Our internal language can either propel us positively or negatively. In the moment we see positive language associated with our physical image, whatever critical/negative thought we may be having is immediately interrupted and replaced with the opportunity to ponder something different.

The message to See Your Strength is delivered in three ways:

- 1 A lesson plan.**
A class/school introduction, age appropriate activities, and a send home message to parents is provided for free so that you can get everyone using their own mirror at home to see their strength. *Coming fall '18
- 2 Mirror decals.**
Our mirror decals are made from material not available in stores. They are the perfect way to demonstrate and teach your students the power of positive personal language.
- 3 Reaching out for help.**
There is nothing weak about reaching out for help. Ever. Students seek emotional solitude in bathrooms, and suicide prevention resource decals are the perfect way to offer a resource in a place

www.seeyourstrength.com

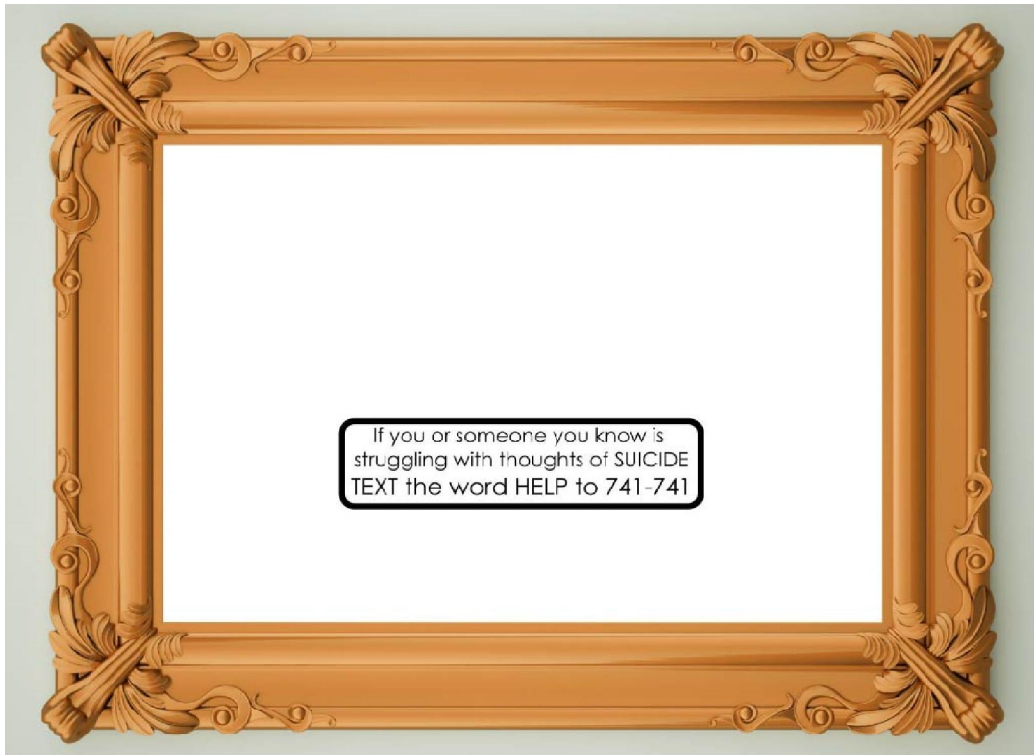
*All my love,
Amber Murray*

Fall 2018

1 year = 365 opportunities	If it doesn't challenge you, it doesn't change you.	Stay strong, your story isn't over yet.
All change starts with one moment	It's okay if all you did today was survive.	SURROUND YOURSELF WITH INSPIRING PEOPLE.
Be fearlessly authentic.	Just because you're struggling, doesn't mean you're failing.	Take care how you talk to yourself, You are listening.
Be the kind of leader you would follow.	Keep going.	Take steps to make your dreams a reality.
BIG DREAMS Have small beginnings	KINDNESS is your best asset.	The world needs you... GO SHINE!
Communication is everything	Look for something positive in each day.	Today I remember to focus on my dreams.
Difficult roads often lead to beautiful destinations.	<i>Love looks like</i> RESPECT	Trust means being trustworthy.
Even though you may not believe it yet, you are strong.	Quick! Think of one good thing from today.	You are infinitely valuable.
I am whole exactly as I am.	See Your Strength	You are most beautiful when you see the beauty in others.
I am worthy of my dreams.	Small steps every day.	You can do this.
I can change my life.	<i>So far you've survived 100% of your worst days.</i>	You own today.
I CREATE MY LIFE.	Speak up for yourself. <i>(It's how you set boundaries)</i>	You've got this!

20% of proceeds from positive message decals AND 100% of proceeds from suicide prevention decals are used to donate decal packages to schools who have recently lost a student to suicide.

Suicide Prevention Resource Decals



SEE YOUR STRENGTH SUICIDE PREVENTION MIRROR DECALS

I ***HIGHLY*** recommend placing Suicide Prevention Decals up in every bathroom in your school immediately (including faculty), and then supplementing with positive messaging throughout the year.

You can pick from the two resources below. If your school has another resource that your area of state uses, please contact me to see about using their information on a decal.

National Crisis Text Line

If you or someone you know is struggling with thoughts of SUICIDE
TEXT the word HELP to 741-741

National Hotline

If you or someone you know is struggling with thoughts of SUICIDE
call 1-800-273-8255

ALL PROCEEDS FROM Suicide Prevention Decals are used to donate decals to schools who have recently lost a student to suicide.

See Your Strength

ORDERING AS EASY AS 1, 2, 3!

School Name: _____ Ship Attn: _____

Street Address: _____ City, State, Zip: _____

Tax Exempt ID # (if you have one): _____

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CHOOSE YOUR PACKAGE

<input type="checkbox"/> (\$150) 5-8 Bathrooms 20 Positive Message Decals 10 Suicide Resource Decals	<input type="checkbox"/> (\$225) 8-11 Bathrooms 30 Positive Message Decals 15 Suicide Resource Decals	<input type="checkbox"/> (\$300) 12-15 Bathrooms 40 Positive Message Decals 20 Suicide Resource Decals	<input type="checkbox"/> \$5 each Custom Quantity
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CHOOSE YOUR POSITIVE MESSAGES

<input type="checkbox"/> Assortment of most popular (pre-packaged)	<input type="checkbox"/> Handpick your own below
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Qty		Qty	
	1 year = 365 Opportunities		Love looks like respect.
	All change starts with one moment.		Quick! Think of one good thing from today.
	Be fearlessly authentic.		See your strength
	Be the kind of leader you would follow.		Small steps every day.
	BIG DREAMS have small beginnings		So far you've survived 100% of your worst days.
	Communication is everything		Speak up for yourself. (It's how you set boundaries)
	Difficult paths often lead to beautiful places.		Stay strong, your story isn't over yet.
	Even though you may not believe it yet, you are strong.		Surround yourself with inspiring people.
	I am whole exactly as I am.		Take care how you talk to yourself, you are listening.
	I am worthy of my dreams.		Take steps to make your dreams a reality.
	I can change my life.		The world needs you...GO SHINE!
	I create my life.		Today I remember to focus on my dreams.
	If it doesn't challenge you, it doesn't change you.		Trust means being trustworthy.
	It's okay if all you did today was survive.		You are infinitely valuable.
	Just because you're struggling, doesn't mean you're failing.		You are most beautiful when you see the beauty in others
	Keep going.		You can do this.
	Kindness is your best asset.		You own today.
	Look for something positive in each day.		You've got this!

Qty	SUICIDE PREVENTION DECALS (all proceeds go toward donating decals to schools who have lost students to suicide.)
	Crisis Text Line: "If you or someone you know is struggling with thoughts of suicide, text the word HELP to 741741"
	National Hotline: "If you or someone you know is struggling with thoughts of suicide, call 800-273-8255"

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EMAIL THIS FORM TO amber@seeyourstrength.com

OR CALL 435-414-1192

You will receive back an invoice that you can pay now. OR, use it to create/submit a Purchase Order.