



Messages of Hope



You are braver than you realise, stronger than you seem & loved more than you know.



Courage doesn't have to be loud. Sometimes it is the little voice at the end of a day that says "I'll try again tomorrow".



This is only going to be a chapter in your life, **NOT** the whole story.





Hey you, don't give up okay?
You're allowed to scream,
you're allowed to cry.
Just don't give up.



Without even realising it, you
have everything within you
right now to deal with whatever
the world throws at you.



A little belief, a little faith, a
little hope is sometimes all
that is needed to see the light.



It's okay to be not okay. There
are always going to be
moments where you don't
feel okay. And that's okay.





The best parts of life are the people you love, the places you've been and the memories you're making along the way.



Keep putting one foot in front of the other. That's all you need to do right now.



So far, you've survived 100% of your worst days. You're doing great.



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