

Looking for a little inspiration?

Below are examples of messages that you can write on your 'you matter' note



You are loved!

You are amazing!

Enjoy the little things!

Being YOU is the best!

Positivity always wins!

Great things take time!

You can do hard things!

Today I am grateful for...

Make today a great day!

Embrace every challenge!

You can change the world!

Make someone laugh today!

You are enough just as you are!

Repeat this out loud: I'm amazing!

Feel beautiful...because you are!

Spread love everywhere you go!

You are capable of amazing things!

Your smile can brighten another's day!

This world and someone in it needs you!

You have more strength than you realize!

Believe you can and you're halfway there!

Happiness is not by chance, but by choice!

Do this: Smile, smile again, keep on smiling!

Be the change that you wish to see in the world!

Act as if what you do makes a difference. IT DOES!

You are enough. Always have been, always will be!



All dreams are within reach. All you have to do is keep moving towards them!

you matter.

Share your experience using #MATTERnation