



Share & Declare Cards

1. PRINT AND CUT OUT THESE CARDS – PRINT AS MANY AS YOU WANT.

WAYS TO USE:

ENCOURAGING NOTE – LOOK OUT FOR PEOPLE WHO COULD USE SOME ENCOURAGEMENT, WRITE THEIR NAME ON THE TOP AND EVEN A MESSAGE ON THE BACK, OR SIMPLY GIVE THEM THE CARD, OR TAG PEOPLE IN A CHOOSEREAL POST.

FINDERS KEEPERS – LEAVE THESE CARDS AROUND FOR PEOPLE TO FIND (IN A CAFÉ, LIBRARY BOOK, BUS STOP, TRAIN SEAT ETC) – A MESSAGE TO ENCOURAGE WHOEVER COMES ACROSS IT.

PASS IT ON – SEE HOW MANY PEOPLE YOU CAN PASS THE CARD AROUND TO AND JOIN THE MOVEMENT – WRITE YOUR NAME ON THE BACK – TAKE A SELFIE, AND PASS IT ON. THEN THAT PERSON CAN WRITE THEIR NAME ON THE BACK, TAKE A SELFIE, TAG THE PERSON THEY GOT THE CARD FROM, AND PASS IT ON... LIKE AN EMPOWERING CHAIN.

SHARE AND DECLARE – TAKE A SELFIE WITH THIS CARD AND POST IT ON YOUR SOCIAL MEDIA STREAMS – ENCOURAGE OTHERS TO JOIN WITH YOU IN THIS MOVEMENT AND THAT THEY ARE MORE THAN ENOUGH, JUST AS THEY ARE.

BE **Brave**
BE **YOU**
BE **Free**

Hey...
YOU ARE
more than enough
JUST AS YOU ARE.

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