

STICKY NOTE CONNECTION CHALLENGE

Write at least 7 sticky notes, you can use the prompts here or write your own.

Be sure you include @only7seconds on the bottom of the sticky note so that when people find them, they can find the movement and understand how only 7 seconds of kindness can make a big difference.

Go spread some hope! You can leave them around your school and community. The possibilities are endless so get creative! Here are some ideas to get you started: locker rooms, bathroom stalls and mirrors, car windshields, grocery stores, bus stop benches, or the gym.



1. You are right where you need to be.
2. Having a bad day doesn't make you weak; it makes you human.
3. Check in with yourself. How are you really doing?
4. Taking care of yourself is kind to the people around you.
5. Your worth is not found in what you do, but in who you are.
6. Have an amazing day! You've got this!
7. Just wanted to say, you have purpose. Keep going!
8. You are NOT a burden. You are a gift. You matter here.
9. You are not alone.
10. I hope you have a great day today, glad you're here!
11. You're crushing it!
12. You were given this life because you were strong enough to live it.
13. Be gentle with yourself, you're growing. It's not perfect, that's ok.
14. Chin up, you are doing great! Keep showing up!
15. The world needs you today. Thank you for being here!
16. I'm happy you're alive today.
17. You make our community a better place, thanks for being here.
18. You will rise above your struggles. You are so so strong!
19. Your feelings are valid.
20. It's okay to not have it all figured out right now.
21. You are loved.
22. You can do hard things!
23. It's okay to ask for help, you aren't suppose to do life alone!
24. It's a bad day, not a bad life.
25. Stay hopeful, good things are on the horizon.
26. You have survived 100% of your worst days, you'll get through this one too.
27. If you haven't heard it today— you are loved.
28. It's okay to feel overwhelmed. Take it one day at a time.
29. You bring so much value to the world.
30. You are doing your best. And that is enough.