

30 TEMPLATE HOPE NOTE MESSAGES

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YOU
GOT
THIS
@only7seconds

YOU ARE
LOVED
@only7seconds

JUST
KEEP
MOVING
@only7seconds

30 STICKY NOTE MESSAGES

- 01.** You are right where you need to be.
- 02.** Having a bad day doesn't make you weak; it makes you human.
- 03.** Check in with yourself. How are you really doing?
- 04.** Taking care of yourself is kind to the people around you.
- 05.** Your worth is not found in what you do, but in who you are.
- 06.** Have an amazing day! You've got this!
- 07.** Just wanted to say, you have purpose. Keep going!
- 08.** You are NOT a burden. You are a gift. You matter here.
- 09.** You are not alone.
- 10.** I hope you have a great day today, glad you're here!
- 11.** Chin up, you are doing great! Keep showing up!
- 12.** You're crushing it!
- 13.** You were given this life because you were strong enough to live it.
- 14.** Be gentle with yourself, you're growing. It's not perfect, that's ok.
- 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're doing your best and that is enough.
- 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 have survived 100% of your worst days, you'll get through this one too.



YOU BRING SO
MUCH VALUE TO
THE WORLD.

HOW TO USE THESE MESSAGES:

01. Buy a pack of sticky notes!

02. 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.

03. Go spread some hope! You can leave them around grocery stores, dressing rooms of clothing stores, bus stop benches, car windshields, school lockers, bathroom mirrors... the possibilities are ENDLESS.

SHARE YOUR HOPE! WE'D LOVE TO SEE HOW YOU'RE JOINING IN, TAG US @ONLY7SECONDS OR SEND US AN EMAIL TO INFO@ONLY7SECONDS.COM