

## SAMPLE INSPIRATIONAL PHRASES

It's important to be thoughtful when writing your message and to express to your team how meaningful it is to the recipient. These messages can be a simple reminder that they are loved, appreciated, or supported – no matter how small, these words can have a powerful impact on someone's day.

**We thought of you while we packed this kit.**

**Never give up!**

**We hope this brightens your day!**

**Thinking of you!**

**Wishing you the best!**

**You are never alone.**

**From our hearts to yours.**

**You are loved!**

**You are important!**

**"Tough times don't last - tough people do."**

**Believe in yourself**

**You are unique!**

**Tomorrow is a new day!**

**The world needs you!**

**Here's to your health!**

**Here's to a brighter future!**

**Keep going!**

**Stay strong!**

**Your story matters.**

**Small steps, big change.**

