



**TAKE
NOTICE**

**REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY**



CONNECT

**TALK & LISTEN,
BE THERE, FEEL CONNECTED**



**KEEP
LEARNING**

**EMBRACE NEW EXPERIENCES.
SEE OPPORTUNITIES. SURPRISE YOURSELF**



Give

YOUR TIME, YOUR WORDS, YOUR PRESENCE



**BE
ACTIVE**

**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**