May every road you travel in life lead to new and exciting things.

Always try to bring out the best in people, because it will reflect the best in you.

There will always be bad things that will get you down.

There will always be good things to pick you up again.

Having doubts and fears is alright, knowing how to deal with them is key.

Everytime you smile or laugh you make other people happy.

Wipe someone elses tears away by doing something that makes them smile.

Running away from a challenges now makes them hard to face later.

Out of every bad experience a very good lesson can be learned.

Being careful doesn't mean not taking risks, it means recognizing what risks to take.

Each challenge you overcome will always make you a better person.

Realize that everyone has their own troubles, the key is how we deal with them.

Telling people you love them is good, showing people you love them is better.

Doing the right thing is never easy but is always worth it.

Include a hug or a kiss every time you thank mom or dad.

Concentrate on the happy events in life to make the bad events go away quicker.

Kindness may go along way, but there will be times when it doesn't go far enough.

Early small failures make for later bigger successes.

Remember everyday is a gift that is why we call it the present.

Seeing the good in people you care about is the best way to show your love.

Our family and friends are the best things in our lives, so treasure them always.

Never take any lesson life teaches you for granted because there is always something to be learned.

-J. Mattes
5/11/11