

Reasons to Be A Good Friend

- *Everyone needs a shoulder to cry on*
- Kindness is contagious
- **NO ONE SHOULD FEEL ALONE IN THIS WORLD**
- *Why be mean when you can be nice*
- Good people are remembered more
- People are happier when they have someone by their side
- **Strangers enjoy random smiles or acts of kindness**
- Everyone needs someone to go to if they need help
- *Everyone wishes to have someone by their side through everything*
- **Friends boost each other's confidence**
- Friends teach better, more important life lessons
- *Everyone deserves someone to rant to*
- **Good friends take you at your worst and bring you to your best**

Reasons to Choose Life

- *You never know what amazing things will happen in your life*
- **Too many people care about you**
- *Life is a beautiful thing if you look in the right places*
- Failure doesn't mean you can stop trying
- **You have an entire future waiting for you**
- *You only get one life, enjoy it while you can*
- *You are irreplaceable*
- **Someday, it all will get better**
- *To love and be loved*
- *To meet the people you haven't met yet*
- **IF YOU LEAVE, IT WILL BREAK THE HEARTS OF EVERYONE AROUND YOU**
- *You have thousands of miles of road to explore with family and friends*
- *You have life goals to complete*

Reasons to Get Help

- *The thoughts are not easily stopped without help*
- *There is no harm in telling someone*
- **THERE'S NO SHAME IN HAVING A MENTAL ISSUE**
- IT'S EASIER TO DO ANYTHING WITH SOMEONE BY YOUR SIDE
- *You can't ignore mental health problems*
- **You feel better once you do**
- You are stronger when you don't have to do it on your own
- *It's better to talk about it with a trained professional*
- **YOU CAN GET STRATEGIES TO HELP YOU**
- *You will get the support you need*
- **You need someone to help you make the right decisions**
- It can't hurt to try to get help
- *Sooner or later you won't have a choice so you might as well do it now*

REASONS TO LOVE LIFE

- *All the different colors in the world*
- **THE SMILES YOU GET FROM STRANGERS ON THE STREET**
- *Cuddly animals*
- *You are very fortunate to be here in this school today*
- **There's always new places to explore**
- *You have so much to live for*
- *You have so many people that care about you*
- *Good food*
- *Music that makes you want to dance*
- *Contagious smiles*
- **BAD JOKES**
- *Naps that leave you wondering what day it is*
- **Laugh attacks that make your cheeks ache**

Reasons to Love Yourself

- There is no such thing as perfect
- Everyone has flaws, so embrace yours
- *You are utterly and uniquely you*
- Everyone has a purpose to be here- you just have to find out what yours is
- **EVERYONE HAS DIFFERENT IDEAS OF BEAUTY**
- *You are you and you are loved*
- *You are precious*
- YOU MAKE PEOPLE LAUGH
- *Your smile can make other people smile*
- Someone smiles when they hear your name
- You are full of ideas that only you could think of
- *You are able to bring the best out of everyone*
- You have your own, personal life story that makes you who you are