

## *Promise To...*

*Be kind to yourself.  
Look in the mirror and see  
that you are beautiful.  
Make three wishes.  
Be strong.  
Nurture your soul.  
Continue your prayers.  
Let go of any pain.  
Banish any anger.  
Take one moment at a time.  
Hear music.  
Make music.  
Seek inspiration.  
Learn.  
Believe in fairy tales  
and in the magic  
of your dreams.  
Find that dreams do come true.  
Hug yourself.  
Feel the sun shine.  
Believe again.  
Smile.  
Seek laughter.  
Always remember that you have  
a guarding angel  
watching over you.  
Find hope.*

*- Linda Ann McConnell*