

There are moments in life when it feels easier to give up than to continue putting one foot in front of the other. Look over your shoulder and remind yourself how far you've already come. Think of the lives you've touched, the memories you've made, and the love you've given. Your journey isn't even closer to being over-you have so much more to give. The world is waiting in anticipation of the great things you will accomplish just by being you.



*"If you believe in yourself anything is possible."*  
#SasquatchApproved Messages of Hope  
[www.cayacoalition.org](http://www.cayacoalition.org)

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