



A Recipe for Hope

By Arwa (Year 3)





Happiness
Optimism
Positivity
Everlasting faith

YOU'RE BRAVER
Than You Believe.
& STRONGER
THAN YOU SEEM.
& SMARTER
Than You THINK.

AA Milne

**“Step 1: Believe
in yourself!”**

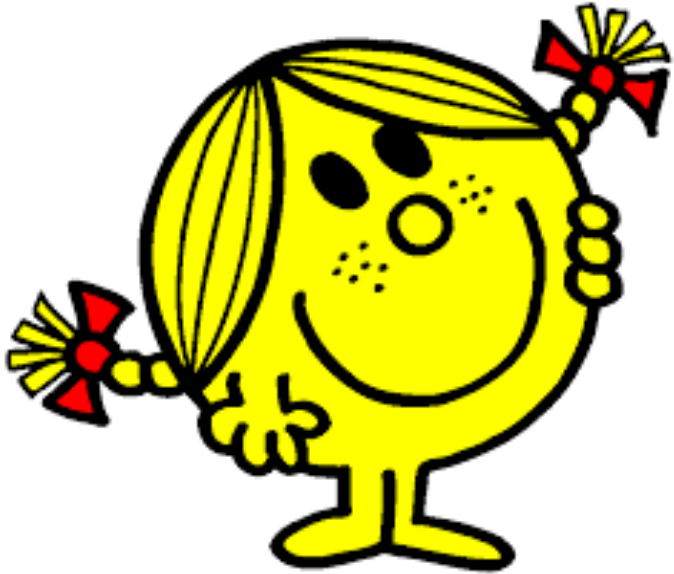
If you are strong and believe in yourself you can
achieve anything.



A
POSITIVE
mind will
produce
POSITIVE
results

**“Step 2: Have a
positive
attitude.”**

It is important to have a positive attitude if
you want to succeed!



**Step 3: A huge spoon
of giggles, smiles
and happiness.**

Happiness is the richest thing we will ever own
– Donald Duck

Step 4: Surround yourself with love.

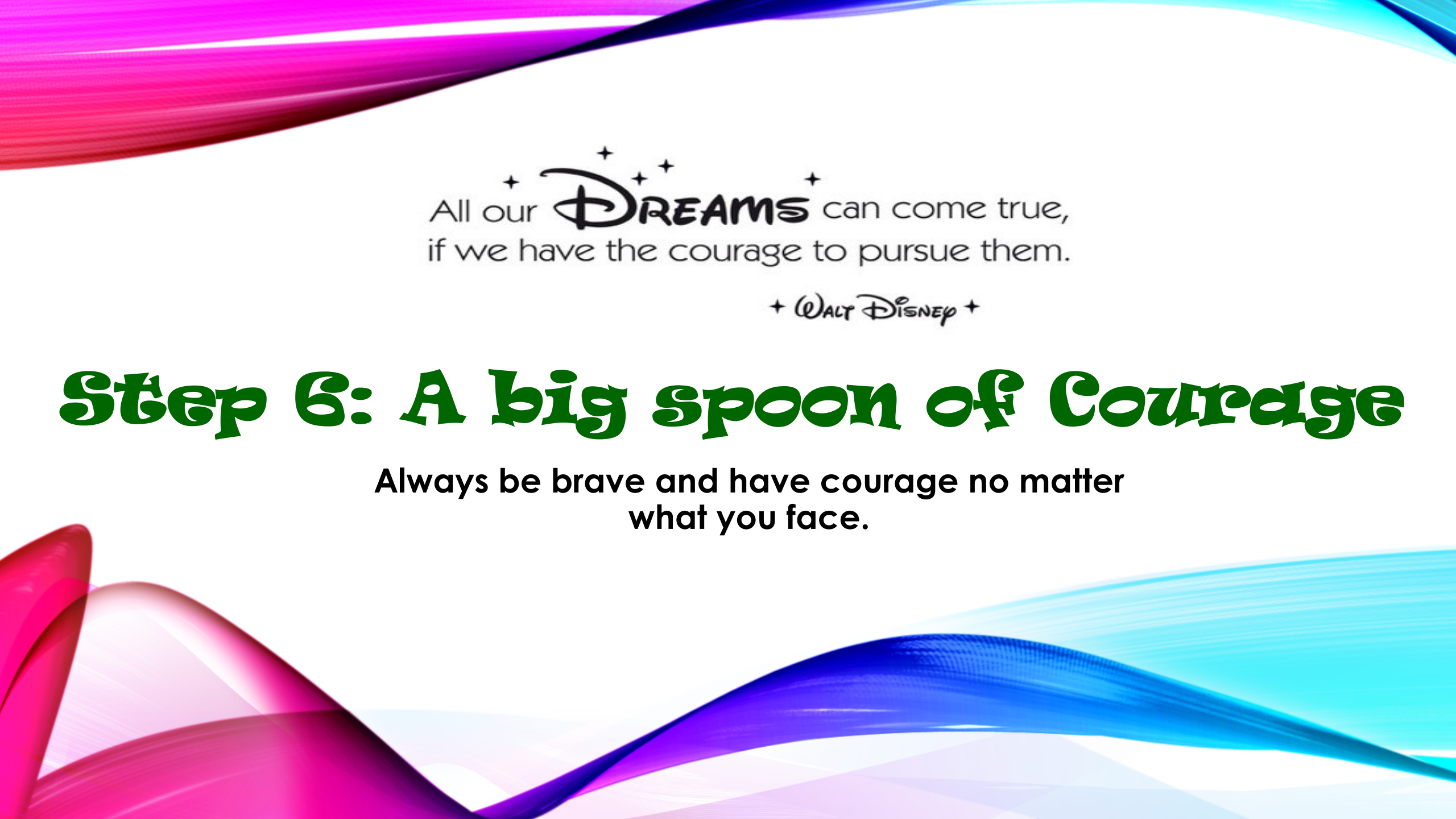
Love one another, love God, but first love
yourself.



SMALL SEEDS OF
GRATITUDE WILL
PRODUCE A HARVEST
OF *hope*

Step 5: Always be grateful

Be grateful for what you have today and tomorrow will bring something even better.



All our **DREAMS** can come true,
if we have the courage to pursue them.

+ WALT DISNEY +

Step 6: A big spoon of Courage

Always be brave and have courage no matter
what you face.

WHERE THERE IS
HOPE,
THERE IS
FAITH.
WHERE THERE IS
FAITH,
MIRACLES
HAPPEN.

Step 7: Have
faith in all
you do!

Worry ends when
FAITH IN GOD
— Begins —



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