



*"We all of us deserve happiness
or none of us does."*

Mary Gordon

Dear _____,

Too often we don't get to hear all the reasons why we deserve to be happy. We often forget that others admire and appreciate us. I wanted to write to you to let you know that I think you are special. I notice you. I see you. I hope you keep this list close to your heart and I hope that you will take the time to pay it forward. There are special people in your life too and you never know when they may need to be reminded of their unique beauty.

You can print out your very own copy of this list here: www.quirksandquips.org/challenge

When you get there, take a moment to register as a recipient. It would make the founder of this project smile.

101 Reasons Why You Deserve to Be Happy:

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Composed By: _____

Date: _____



The Quirks and Quips 101 Project is dedicated to Wendy DeLury.

To learn more about how the project got started or to download a copy of this letter, please visit

www.quirksandquips.org.