Be a reflection of what you'd like to see in others. If you want love, give love. If you want honesty, give honesty. If you want respect, give respect. You get in return, what you give."



8 ways to offer help

Do you need any help? Can / May I help you? Is there anything I can do for you? What can I do for you? Would you like me to help? Do you want me to help? Can I give you a hand? Let me help you.

EnglisherESL

Ways to ask someone to calm down:

Steady on!

Chill out!

Control yourself!

Relax.

Go easy.





INTO A SITUATION ALONE.

GOD GOES BEFORE YOU.
HE STANDS BESIDE YOU.
HE WALKS BEHIND YOU.

WHATEVER SITUATION YOU HAVE RIGHT NOW, BE CONFIDENT,



GOD IS WITH YOU!

When you feel like you CAN'T go any further, just know that the strength which carried you this far will take you the rest of the way.



Every struggle in your life has shaped you into the person you are today.

BE THANKFUL

for the hard times, they can only make you

STRONGER...



Ungrateful people complain about the one thing you haven't done for them instead of being thankful for the thousands of things you have done for them.

This is so true 😂

