Positive Post Project Directions: Build community one kind word at a time

1. Ask anyone if they'd like a positive message from a stranger?
The only rule is they **have to put one back in!**
2. **Name:** Last name is optional if they don't feel comfortable.
3. **Location:** Be sure they share their country
4. **Something about you:** This can be something they love, a hurdle they've cleared, an achievement they cherish, a dream they hold, or **anything else!**
5. **Uplifting message:** Their mantra, a quote, the encouragement they'd love to hear, hope for someone feeling low, or anything else! Use the back if they need room!
6.**Take a pic** of the positive message you picked and post it using **#PositivePostProject** or **#PositivePostPal**
Learn more and download free template for
Positive Posts at: **evadevirgilis.com/positive-posts**