

Be Well

E is for emotional wellness that all people deserve
M is for making strong friendships that last forever
O is for opening your heart for other people and yourself
T is for trusting the people you love even in hard times
I is for important things that you save and love too much to let go
O is for jumping over hard obstacles in your life
N is for needing to help others when they most need it
A is for abilities to do things you want to do
L is for showing love to all people and things

W is for wellness to all people that are in good times and in bad
E is for effective actions that help you and others
L is for loving what you have and enjoying it
L is for life living and using it well
N is for doing it now and not later
E is for enjoying life and what you have
S is for smart actions that you do to help you and others
S is for satisfying yourself and others in smart ways

---*Claire Sniesak*