

# A Moment of Intention #8



ACTIVITY  
TO  
LIFT  
PEOPLE'S  
SPIRITS!

## SPREAD SOME POSITIVITY!

The other day I was walking my dog through my neighbourhood. On each streetlamp pole, down an entire block, there was a message of hope and positivity. It lifted my spirits immensely!



This act of kindness helped me through a day that was challenging. Our thinking is that you can do the same thing for your neighbours. Maybe you stick your artwork to a pole, or maybe it's a chalk drawing on your sidewalk. Maybe it's a poster in your window, a message attached to your fence, or on your apartment's elevator door. Wherever you decide to spread your messages of hope, inspiration and support, there is no question they will brighten someone's day. Be creative, be colourful, and no doubt the act of spreading joy to others, will also lift your own spirits. Send us photos please!!