

Dear Loved One

- R** - Know you are loved
- I** - In every possible way
- N** - never forget this is true
- D** - dream big for yourself
- N** - now and every day
- E** - especially when things get tough and then
- S** - stop and smell the roses
- S** - sing, dance when you can, be happy it is all down to you!

Love n light xxx

