

You're
STRONGER
than you think!



We hope this random act of kindness has brightened your day! Keep spreading the love by passing it on to someone else.

SEIZE
the day!



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Don't let
ANYTHING
stand in your way today



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Make today
GREAT!



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You're amazing
just the way you are.
OWN IT!



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BELIEVE
in yourself



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GOOD THINGS
are going to happen!



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You've
GOT THIS!



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The
BEST
is yet to come



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 Australian College of Nursing



The Australian College of Nursing (ACN) created NurseStrong to empower nurses to achieve the health and wellbeing they deserve by improving their physical, mental and emotional strength in a safe and supportive environment.

Head to www.acn.edu.au/nursestrong to find out more.

#ACNNurseStrong



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