



Always keep your head up! It's often through the most difficult days of our lives that we come to know ourselves. We lived through unbearable moments troubled by the world's secrets, facing constant changes but yet never changing and we are apart of it all. To have hope is something powerful, hope is the answer to every doubt, every fear and every question. Hope assures that you can and will. Where there is hope, there is power, where there is power, there is change. Hope isn't anything you can see, it isn't anything you can touch but you can feel it in your soul, hope, faith & power is what keeps you trying when others would have given up. Hope is power greater than ourselves and knowing that whatever happens this power will carry us through anything. It's believing in yourself and having the courage to stand up for what you believe in. Hope is something powerful within you. Because we stand to be understood!