

I vowed to tread a little
more lightly on the planet.

- Jo Fairley



Be Yourself its
rude not to

- Kirsty Mac



Everything for me is about
positive impact. Everything.
- Laila Pawlak



Feel taller, lighter and
happier.

- Elizabeth Bondeen



When something feels right,
I go for it

- Katrina Mather



Laughter has the ability to
unwind the negative effects of
stress.

- Kirstie Fitz



Live, laugh, love are three
important things we can't
forget to do each day.

- Lauren Walker



Be the type of person you
want to meet

- Rachel Ferguson



Humans - be kind to
one another

- Nis

