

# POSITIVE MESSAGES

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## Background

This was the best promotional activity our Peer Mediation team has ever done.

One day, one of our Mediators spontaneously filled one wall of our mediation room with positive messages. They were about the value of now, of valuing yourself and others and of the small things in life, which are really the great things in life.

The following year, another of our Mediators suggested we put messages like this all over the school. We printed them on **brightly coloured paper** and stuck them up with one piece of sellotape in places where they could be easily removed.

Staff and students were invited to choose one they particularly liked and take it down to keep, and at the end of the day we took down any remaining messages so they did not create a rubbish issue.

**"It was great to do something positive and proactive, giving the school community "warm fuzzies" on a cold winter's day."**

## PRINTABLE MESSAGESS

Our messages are reproduced below. You are very welcome to use our messages, they are all quotes from other people and places. However, as the mediators had great fun finding the quotes you may wish to do that instead.

**Be in love with your life  
every minute of it**

You're prettiest when you're happy

**BELIEVE IN YOURSELF AND YOU CAN DO  
UNBELIEVABLE THINGS**

Never apologize for what you feel. It's like saying  
sorry for being real

YOU ARE MUCH STRONGER THAN YOU THINK

**To wish you were someone else is  
to waste the person you are**

**FAILING TO PLAN IS  
PLANNING TO FAIL**

I am loveable and  
capable

**One of the secrets of life is to make stepping  
stones out of stumbling blocks**

EVERYTHING WILL BE ALRIGHT IN THE END, IF IT'S  
NOT ALRIGHT NOW, IT ISN'T FINISHED YET  
(DALAI LAMA)

**It's easier to go down a hill than up, but  
the view is best from the top**

The best angle from which to approach any  
problem is the try-angle

LIFE IS A JOURNEY. SOMETIMES I CAN CHANGE THINGS,  
SOMETIMES I CAN'T. BUT I CAN CHANGE HOW I THINK ABOUT  
THINGS (TRAVELLERS PROGRAMME)

One of the secrets of life is to make  
stepping stones out of stumbling  
blocks

If you don't know where you are going you will probably  
end up somewhere else

***Be you - no one else can!***

**Love the skin you're in**

**You are special and  
unique**

**You will never have today  
again – make the most of it**

**The choices you make today will be  
with you forever**

**THINK, SPEAK, LEARN, DO**

*A strong positive mental attitude  
will create more miracles than any  
wonder drug*

Dream big, achieve more

**LOOK FOR THE SILVER LINING IN  
EVERY CLOUD**

WHEN SOLVING PROBLEMS, DIG AT THE  
ROOTS INSTEAD OF JUST HACKING AT  
THE LEAVES

You can achieve anything you set your  
mind to

When life gives you lemons, make  
orange juice – think outside the  
circle!

**Do it now, later may become never**

One of the secrets of life is to make  
stepping stones out of stumbling  
blocks

**Know your limits ... but never stop trying to exceed them**

**What are you thankful for?**

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference

**Quick to listen, slow to speak,  
slow to act**

**LIFE IS ABOUT GIVING AND BEING,  
NOT GETTING AND HAVING**



**If you are going around in circles  
maybe you're cutting too many  
corners**

**YOU LOOK BEAUTIFUL TODAY**

**The world is a better place  
because you are in it**

When the power of love overcomes the  
love of power the world will know  
peace (Jimi Hendrix)

Any attempt to impose your will on another is an act of  
violence (Mahatma Gandhi)