





**Get inspired and help raise the vibration of LOVE in our country and upon our planet!**

- Step 1: Download "Inspire Love" hearts @ <http://inspiredheartfoundation.org/inspire-love>  
Print out as many as you like so you have lots of hearts to pass out OR cut out your own!
- Step 2: Spend time each day looking for what's special in someone, whether you know them or not.  
Write a positive quality on a heart and hand it to them with a smile.
- Step 3: Repeat. Challenge yourself to "inspire" ten people a day!



Awesome job...you just did your part, and became part of a global movement helping to raise the vibration of LOVE across the world!

Share your photo on social media and tag: *The Inspired Heart Foundation*

For more hearts or to learn more go to [InspiredHeartFoundation.org](http://InspiredHeartFoundation.org)

**SPREAD THE WORD...INSPIRE LOVE...DO YOUR PART...PASS IT ON!**



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