

# JUST DO.



Photograph by Ben Cooper

Just imagine. Just dream. Just try. Just create.  
Just move. Just sing. Just dance. Just play. Just pray.  
Just work for what you desire. Just remember who you want to be.  
Just stand up to injustices. Just trust in your instincts. Just love one another.  
Just respect your elders. Just listen to the youth. Just remember to breathe.  
Just take the time to watch a sunset. Just expose yourself to a new idea. Just read.  
Just listen to the sounds around you. Just think about the choices you made today.  
Just buy locally made products instead of supporting companies that employ sweatshop labor.  
Just strike up a conversation with someone you never normally would. Just trust it will be ok.  
Just lay on your back in the grass with a friend and watch the clouds go by and talk about what they look like.  
Just tell someone a story that you've never told anyone before because you were afraid of being judged.  
Just write a song spontaneously with nonsense lyrics and sing it to a tree or a river or an empty room or just to yourself.  
Just tell your life story in five minutes or less to someone you just met. Just listen to them tell their life story. Just think about what you learned.

# JUST BE.

Life can feel like a marathon sometimes.  
Don't forget to stop and experience it.



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