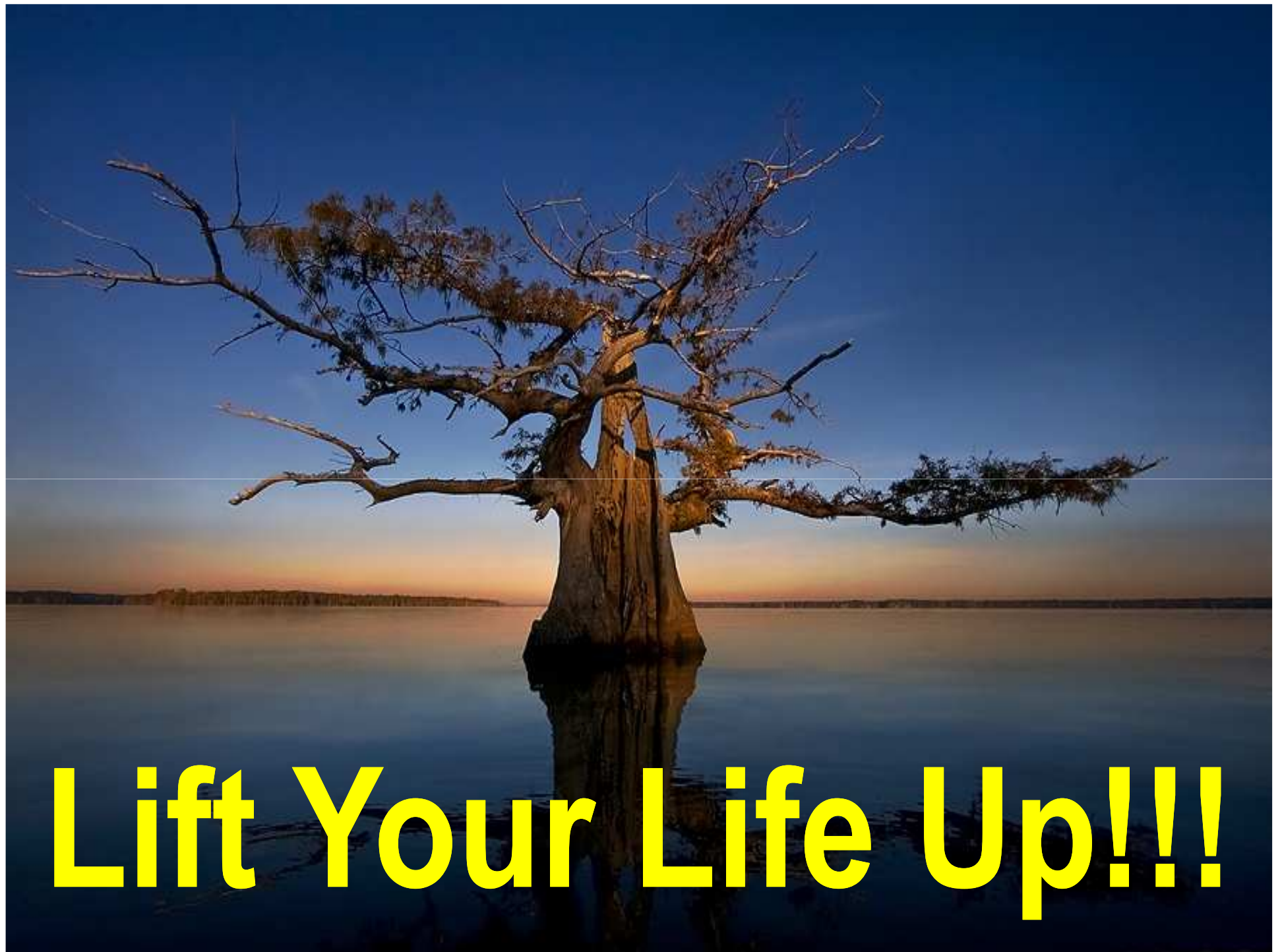




Lift Your Life Up!!!

A dreamlike autumn forest scene. Two children, a girl in a pink dress and a boy in a pink shirt and grey pants, are walking away from the viewer through a forest floor covered in fallen orange and yellow leaves. The trees are tall with dense foliage in shades of green and yellow. A soft, ethereal light emanates from the background, creating a hazy, dreamlike atmosphere. A wooden bench is visible in the distance on the right.

**I've dreamed many dreams
that never came true, I've seen
them vanish at dawn, but I've
realized enough of my dreams
thank the Lord, **to make me
want to dream on.****

I've prayed many prayers
when no answer came, though
I've waited patient and long,
but answers have come to
enough of my prayers, **to
make me keep praying on.**

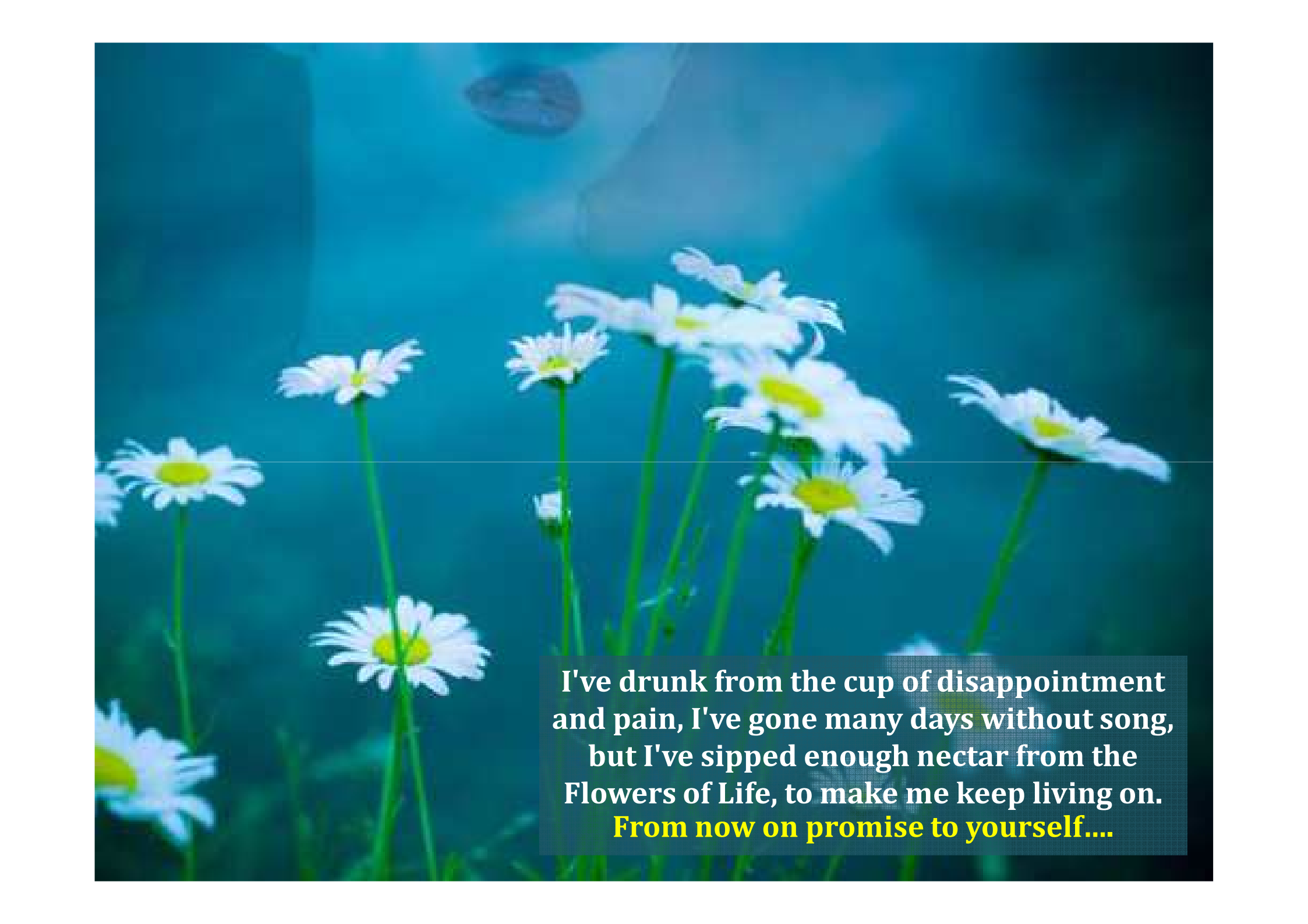


I've trusted many a friend that
failed, and left me to weep
alone, but I've found enough
of my friends that are really
true, **that will make me
keep trusting on.**



A photograph of two young girls in red jackets crouching on a city sidewalk, feeding pigeons. The girl on the left is holding a small piece of food in her hand, and the girl on the right is reaching out to feed a pigeon. Several pigeons are on the ground around them, and a person's leg and a stroller wheel are visible in the background.

I've sown many seeds that have fallen by the way, for the birds to feed upon, but I've held enough golden sheaves in my hand, **to make me keep sowing on.**



**I've drunk from the cup of disappointment
and pain, I've gone many days without song,
but I've sipped enough nectar from the
Flowers of Life, to make me keep living on.
From now on promise to yourself....**

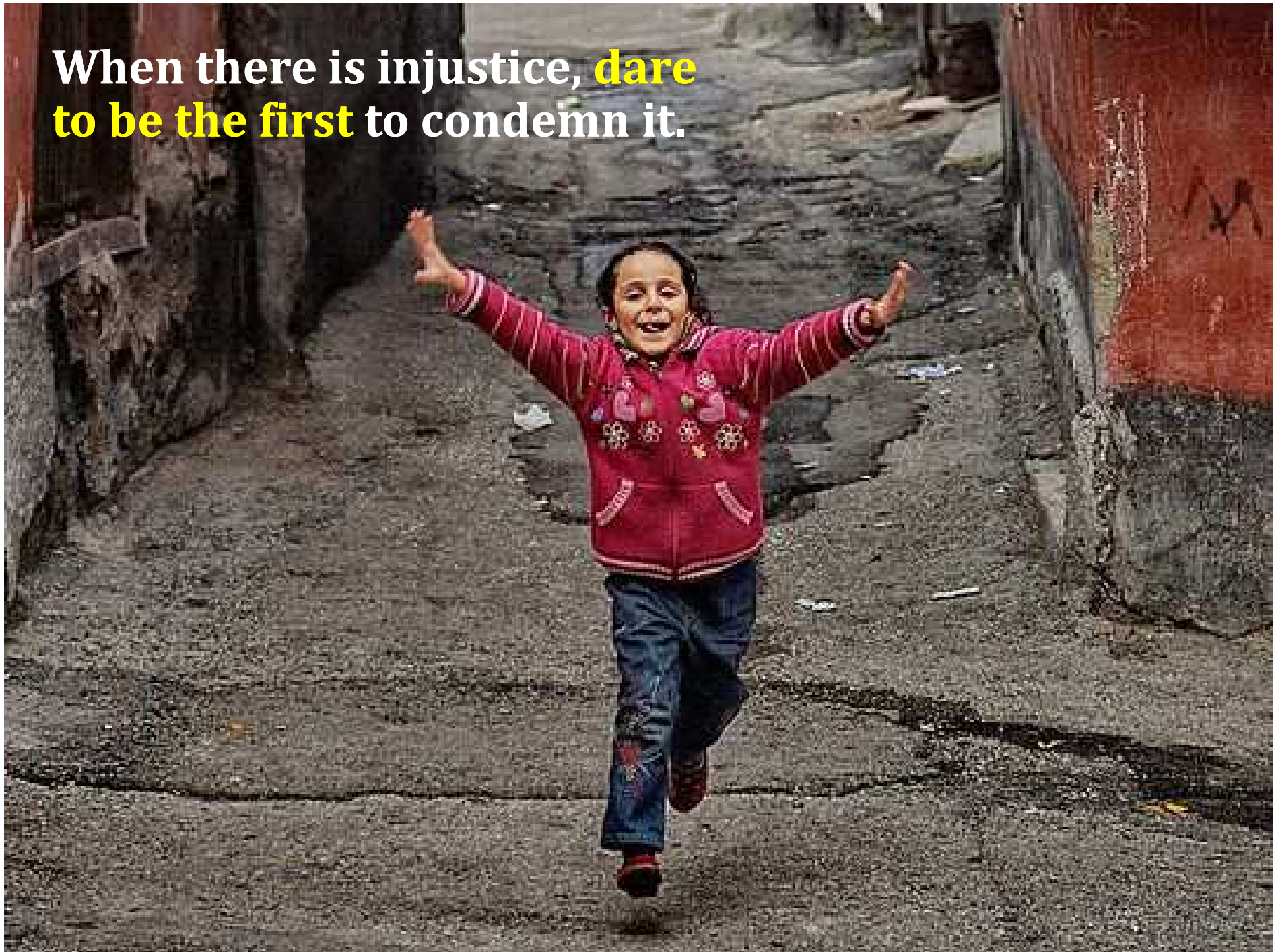
**When a new day begins,
dare to smile gratefully.**



When there is darkness, **dare**
to be the first to shine a light.

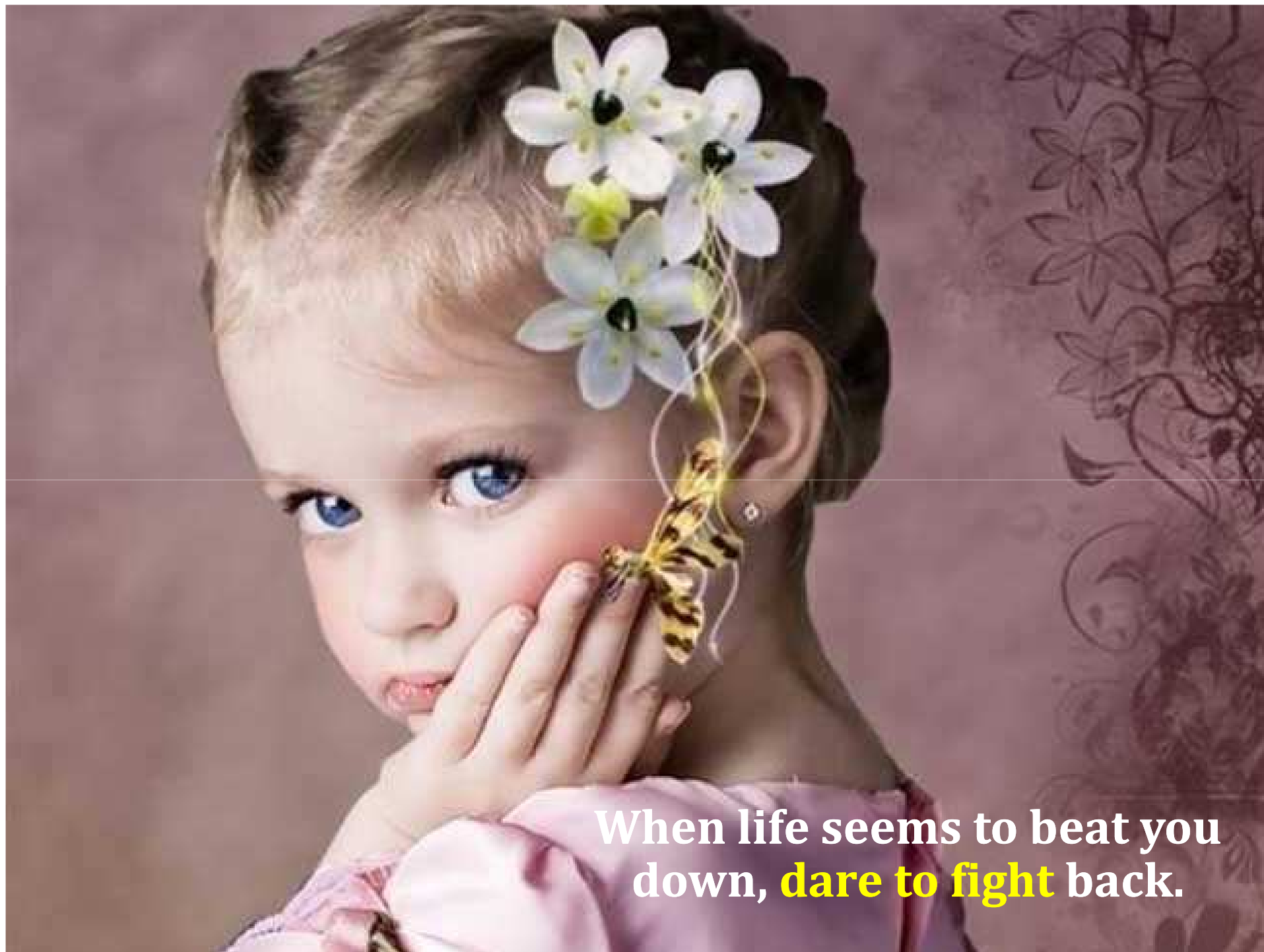


When there is injustice, **dare**
to be the first to condemn it.





When something seems
difficult, **dare to do** it anyway.



When life seems to beat you
down, **dare to fight** back.

When there seems to be no
hope, **dare to find** some.



When you're feeling tired,
dare to keep going.

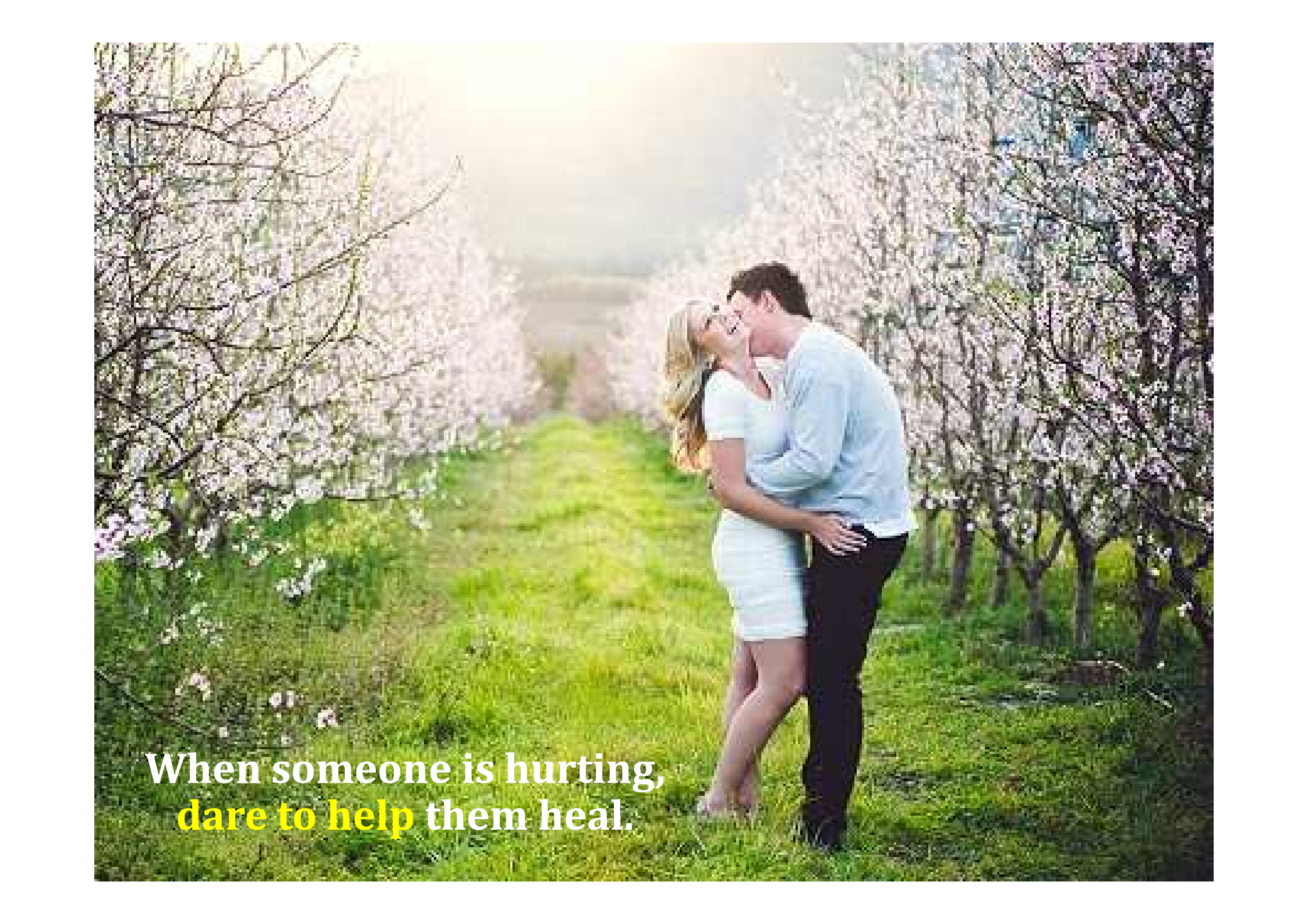




**When times are tough,
dare to be tougher.**

When love hurts you,
dare to love again.



A romantic couple is shown in a close embrace, laughing and smiling, in a lush green field. They are surrounded by numerous cherry blossom trees in full bloom, with soft pink petals visible in the air. The scene is bathed in warm, golden light, suggesting a sunset or sunrise. The overall mood is joyful and intimate.

**When someone is hurting,
dare to help them heal.**

When a friend falls, **dare to be
the first** to extend a hand.



When you cross paths
with another, **dare to**
make them smile.



When you feel great, **dare to help**
someone else feel great too.



When the day
has ended, **dare
to feel** as you've
done your best.



Dare to be the best you can.
At all times, **Dare to be!**

**Thank You Very Much
Sompong Yusoontorn**

