



1. Grow through it as you go through it. Drop a <3 if you are growing through something right now!
2. Kind is the new classy! Tag a classy friend in the comments.
3. Dream big! What are you dreaming about? Comment below!
4. Love wins, every time. Tag someone you love.
5. Throw kindness around like confetti. You'll sparkle all the time! Who do you know who sparkles too? Tag a kind friend in the comments.
6. Taco night is my favorite night! What's your favorite taco topping?
7. We are all in this together! Shop small business! Tag a small business!
8. Keep going! Even when you feel like quitting. Imagine what can happen if you don't quit! Drop an emoji if you needed this today (I know I did!).
9. When one of us rises, we all rise! Women supporting women. Share your blog or biz in the comments!
10. Wine down Wednesday. What's your favorite? Mine is _____. Share your favorite in the comments. Cheers!
11. Readers are leaders! What are you reading? I need new book ideas!
12. What's your current Netflix binge? Lately, I like _____ but need a new one! Share in the comments and I'll check it out!

Captions from #thesosblog by [Heidi Suydam](#)

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