

Together we rise above

WE
RISE
BY LIFTING OTHERS



The Togetherness Project



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Together we rise above

“NEVER WORRY
ABOUT NUMBERS.
HELP ONE PERSON
AT A TIME AND
ALWAYS START
WITH THE PERSON
NEAREST YOU.”

- MOTHER TERESA



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GREAT THINGS
are DONE
BY a SERIES OF
SMALL THINGS
BROUGHT
TOGETHER.

- VINCENT VAN GOGH



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"DO NOT WISH TO BE ANYTHING
BUT WHAT YOU ARE, AND TRY
TO BE THAT PERFECTLY."

- ST. FRANCIS DE SALES



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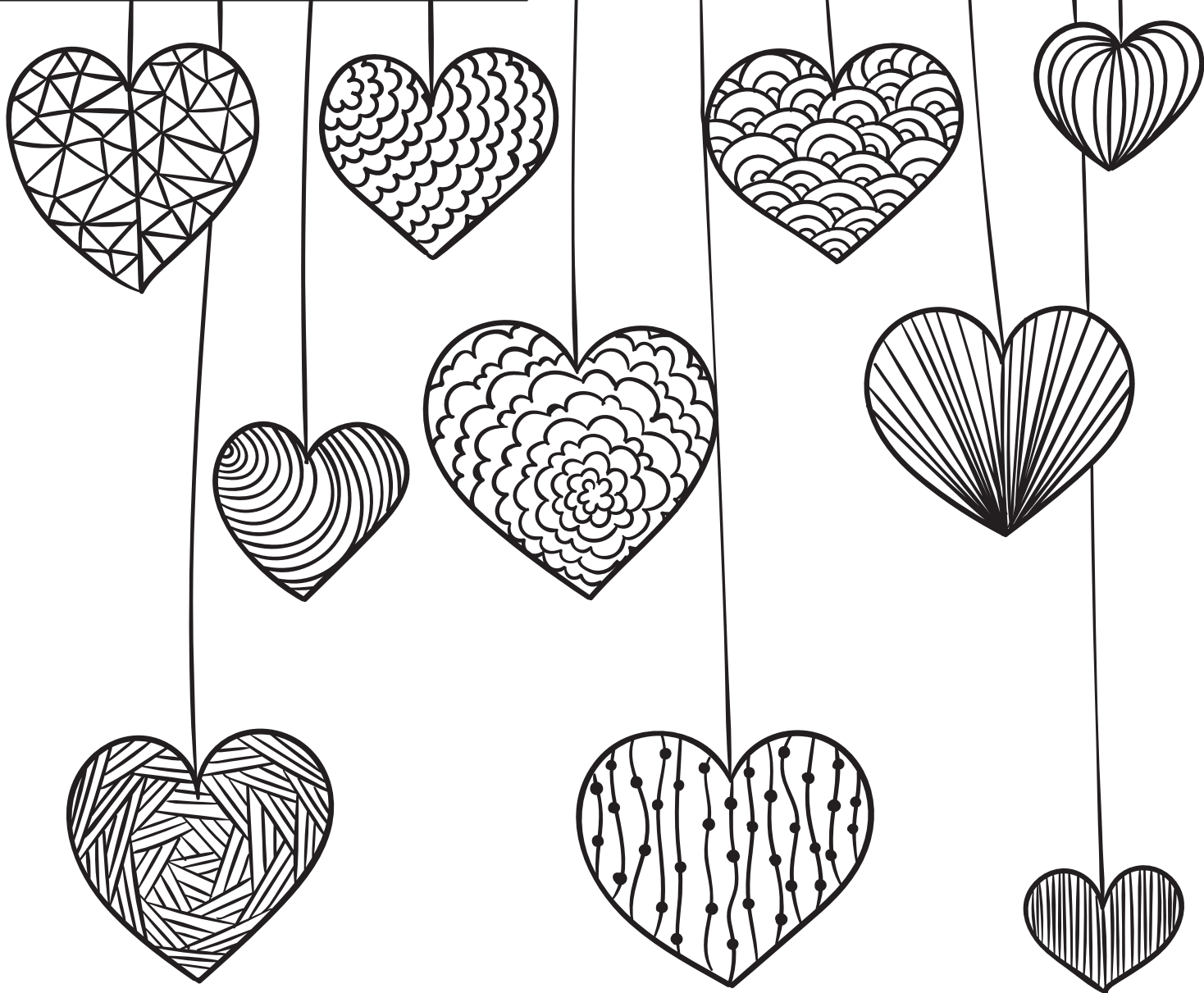


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FRIENDSHIP IS BORN AT THAT MOMENT
WHEN ONE PERSON SAYS TO ANOTHER:
‘WHAT! YOU TOO? I THOUGHT I WAS THE ONLY ONE.’

- C.S. LEWIS



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Together we rise above

You have it within you to
RISE ABOVE
whatever is presently
bringing you down



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i am

ENOUGH



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Sometimes
we just
need to
be our
own hero.



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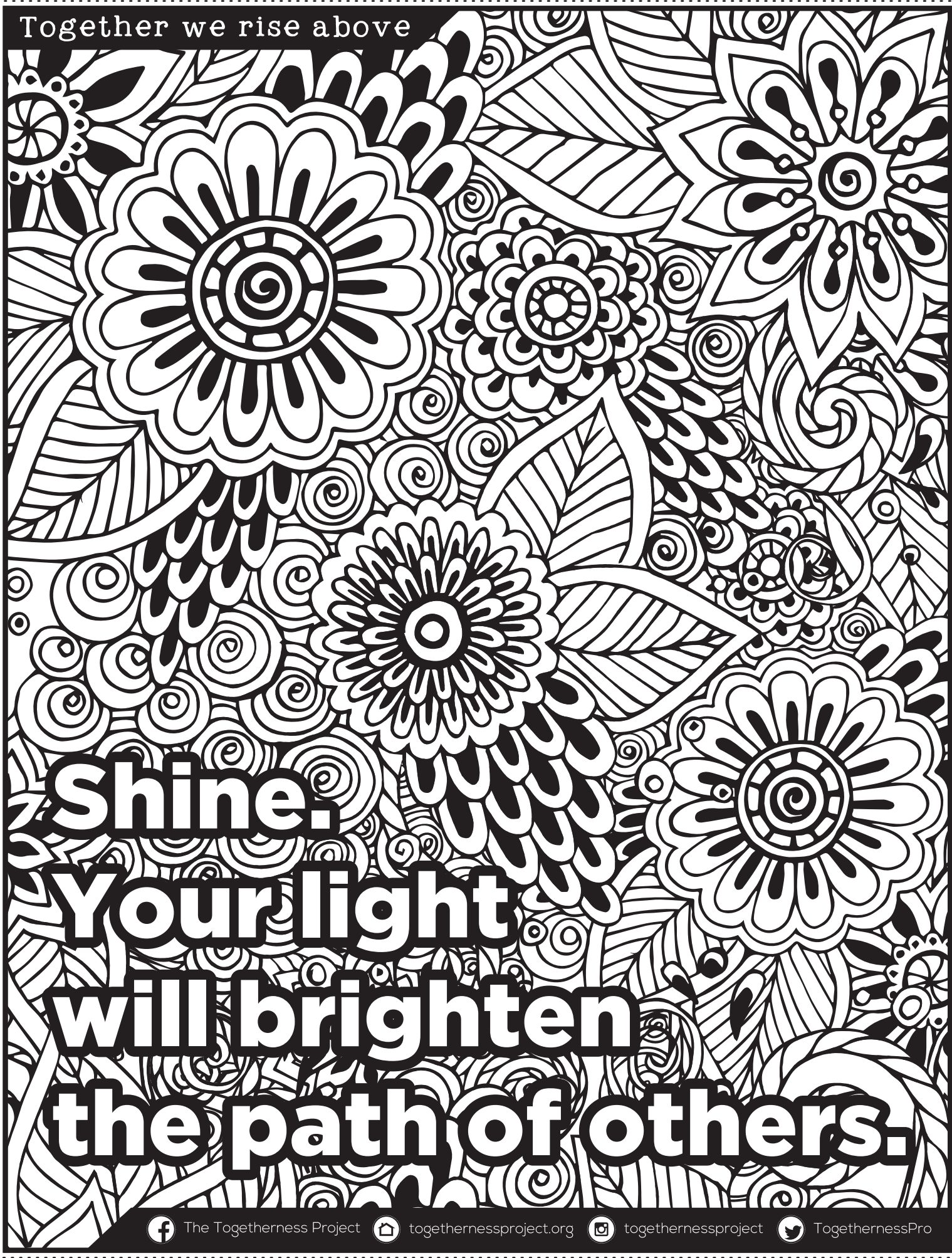


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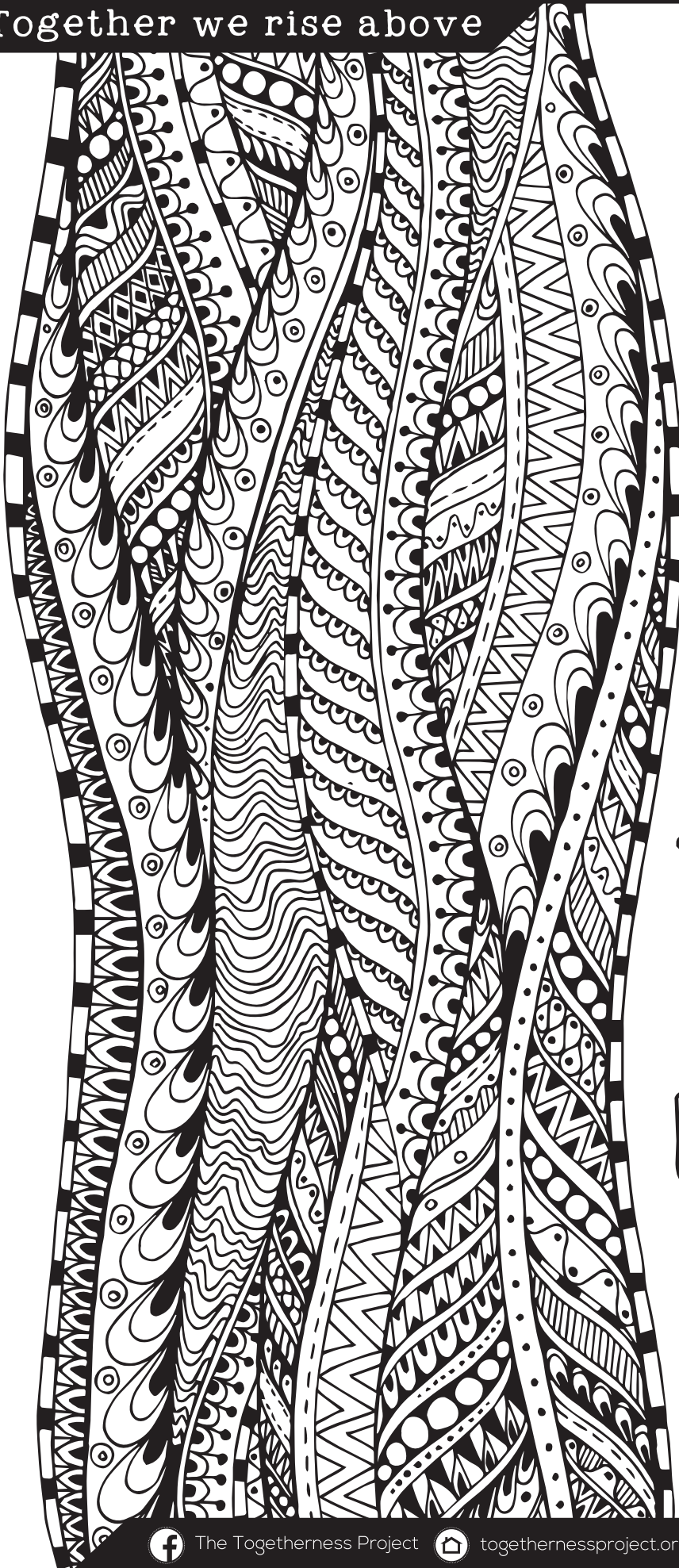
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**Shine.
Your light
will brighten
the path of others.**

Together we rise above



i am
wanted

i am
loveable

i am
whole



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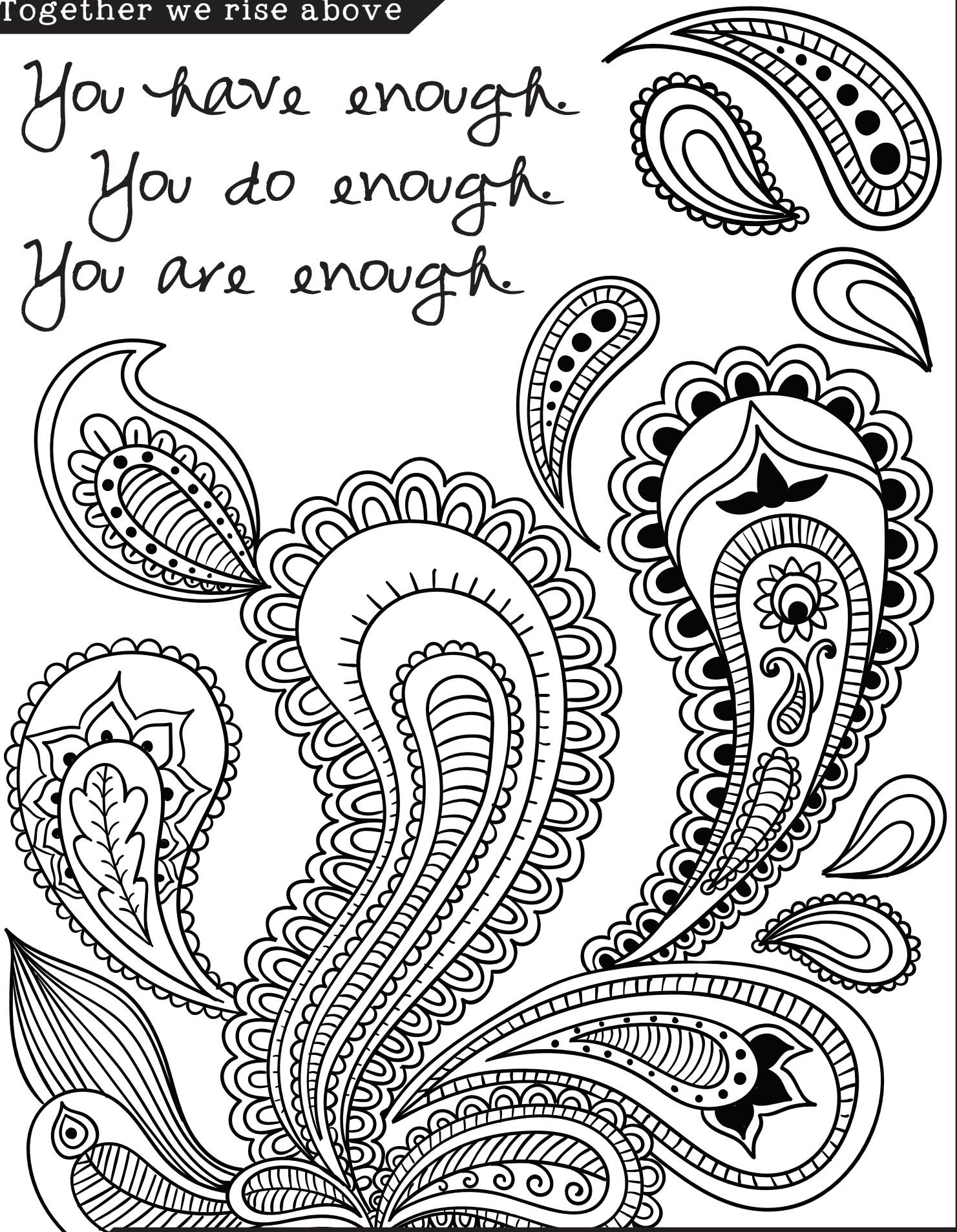
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You have enough.
You do enough.
You are enough.



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**COURAGE,
DEAR HEART**



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I CAN
DO HARD
THINGS



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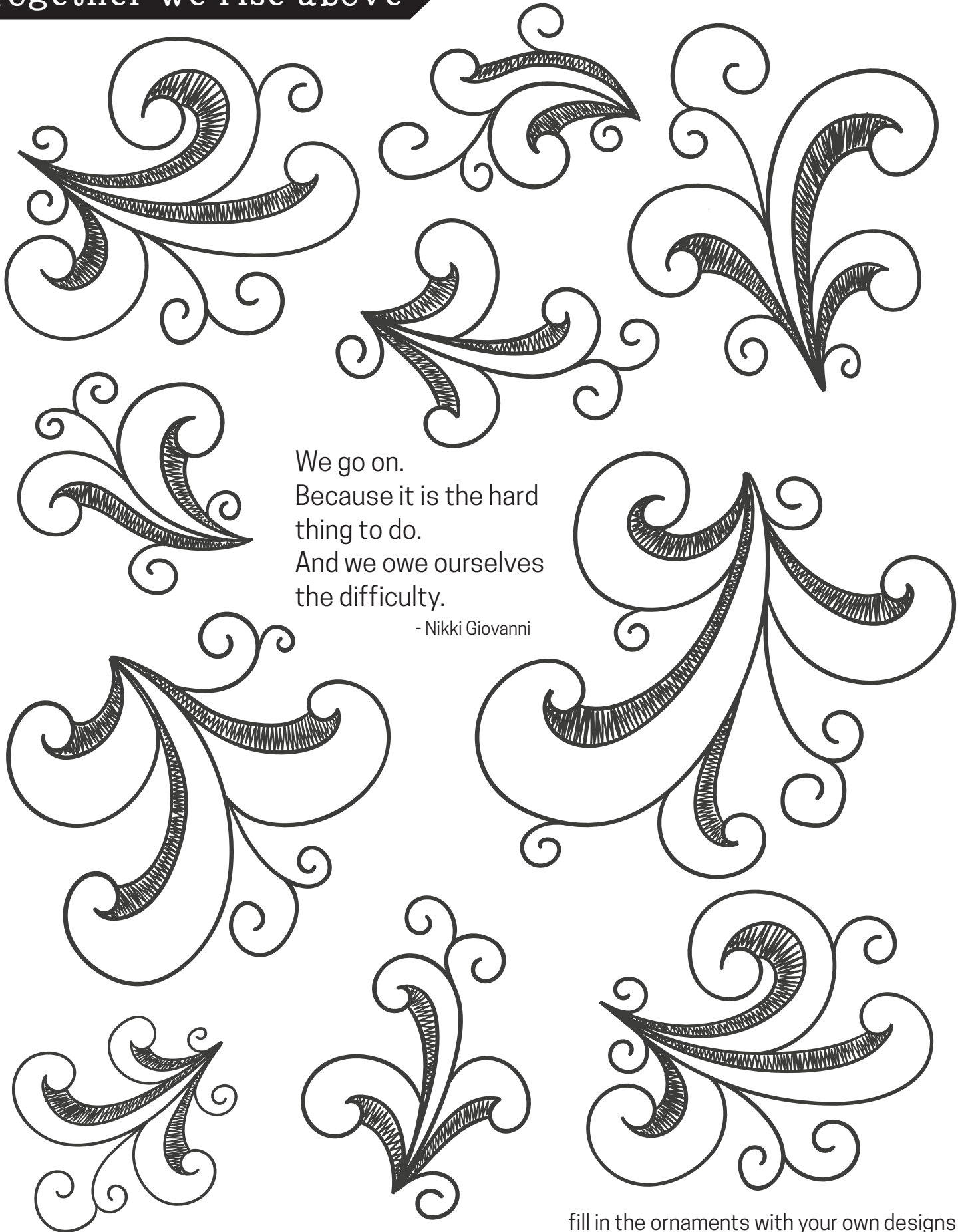


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We go on.
Because it is the hard
thing to do.
And we owe ourselves
the difficulty.

- Nikki Giovanni

fill in the ornaments with your own designs



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When we are no longer able to change a situation,
we are challenged to change ourselves.

{victor frankl}



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“Our destiny is not determined by the number of times we stumble, but the number of times we rise up, dust ourselves off and move forward.”

-Dieter F. Uchtdorf

continue the patterns to fill the page



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*I wish I could show you when you are
lonely or in darkness, the astonishing
light of your own being.*

- Hafiz



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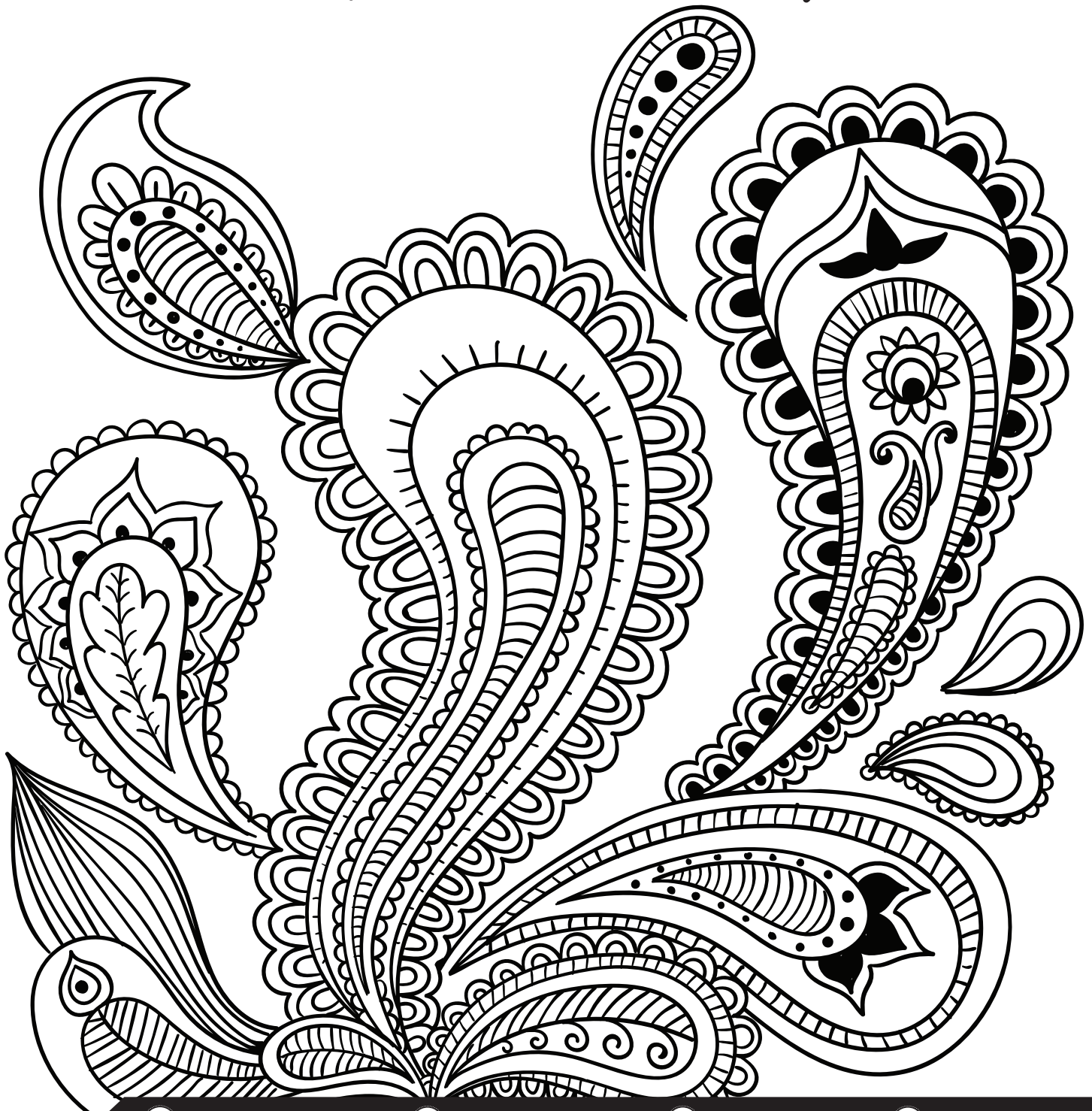


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You have it within you to be happy.

No matter how much "you have got to be kidding me" life throws at you.



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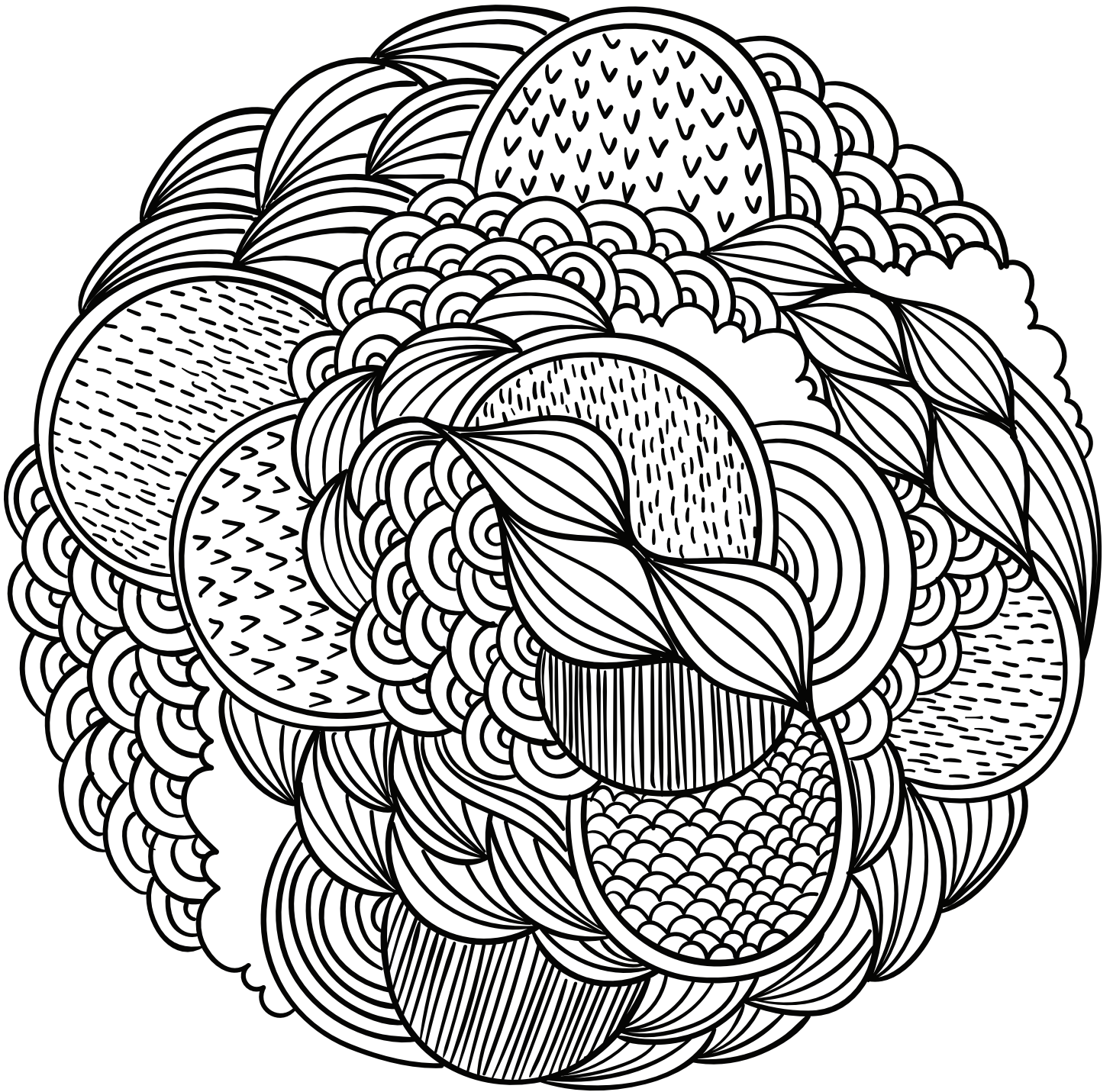


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**I AM STRONG
STRONGER THAN I REALIZE**



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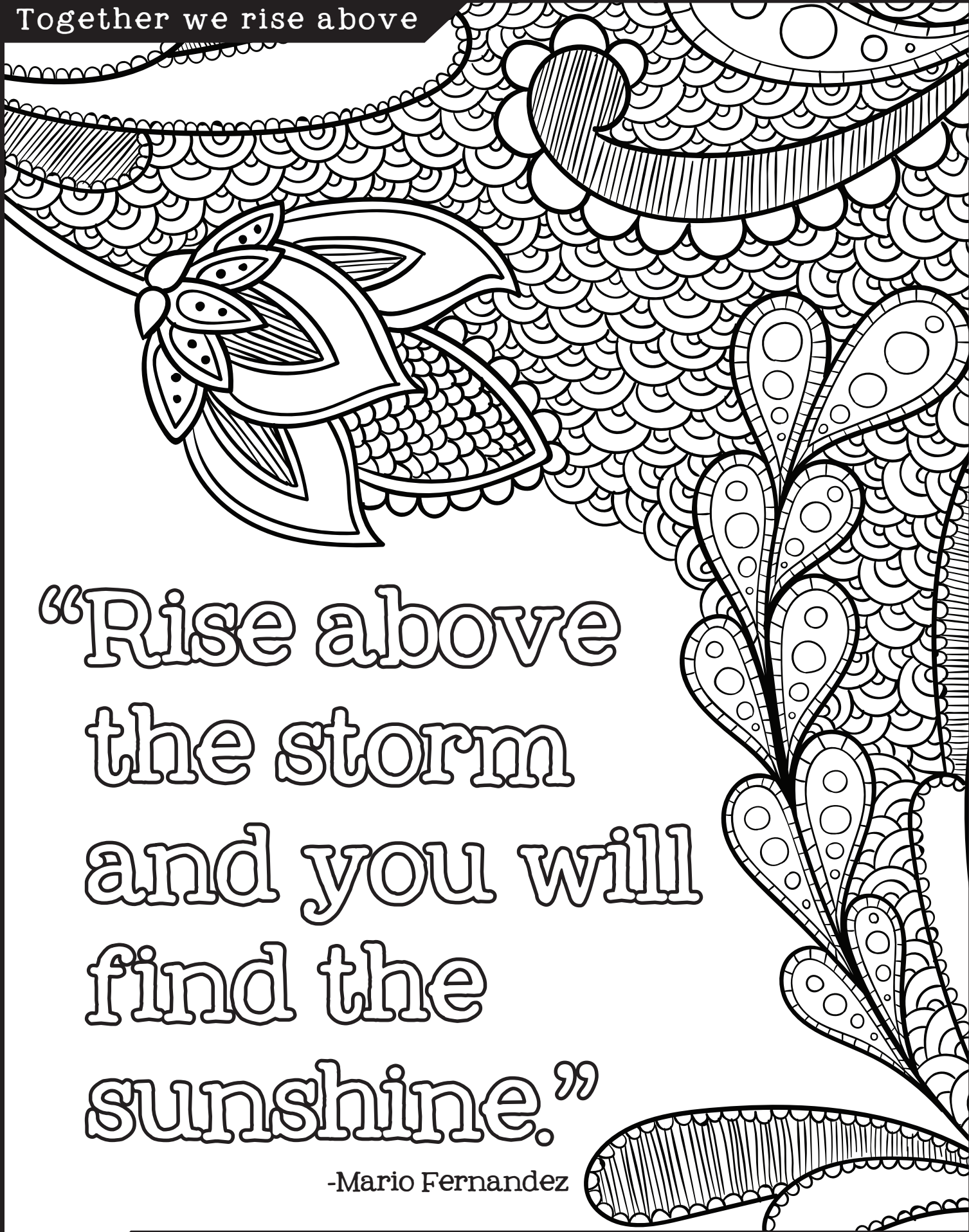


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“Rise above
the storm
and you will
find the
sunshine.”

-Mario Fernandez



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Be who you needed when you were younger.



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THE ULTIMATE
DEFINITION
OF BRAVERY
IS NOT
BEING
AFRAID
OF WHO
YOU ARE.

-CHOGYAM TRUNGPA



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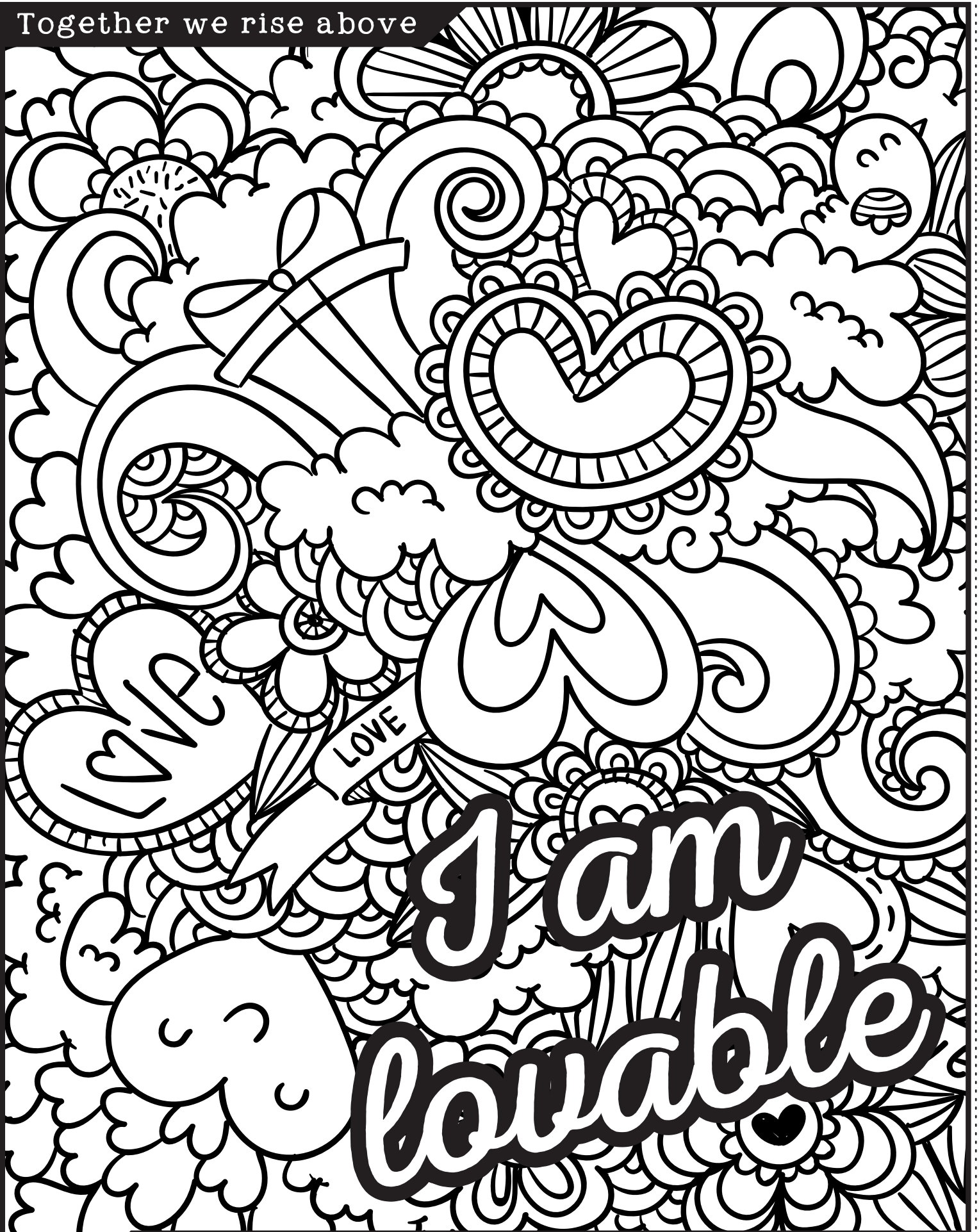


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The tragedy is
not that things are
broken. The tragedy
is that things are not
mended again.

-Alan Paton



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I can
change
the way
I think
and this
will
forever
change
my life
for the
better



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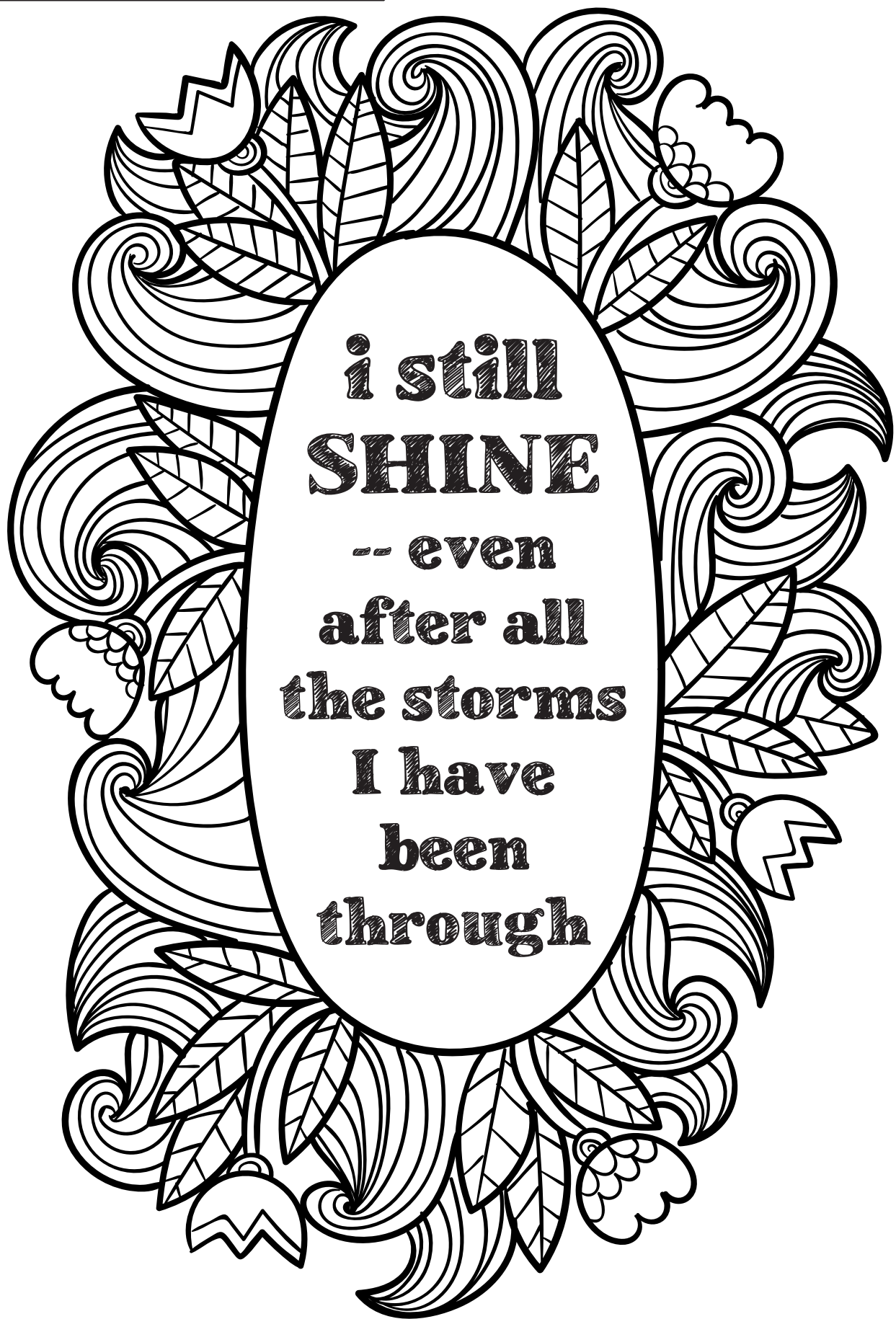


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**i still
SHINE
-- even
after all
the storms
I have
been
through**



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Be the
reason
someone
smiles
today



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Don't
confuse
your path
with your
destination.

Just
because
it's stormy
now doesn't
mean you
aren't
headed for
SUNSHINE.



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**I take care of myself and my body
-- because I am worth it.**



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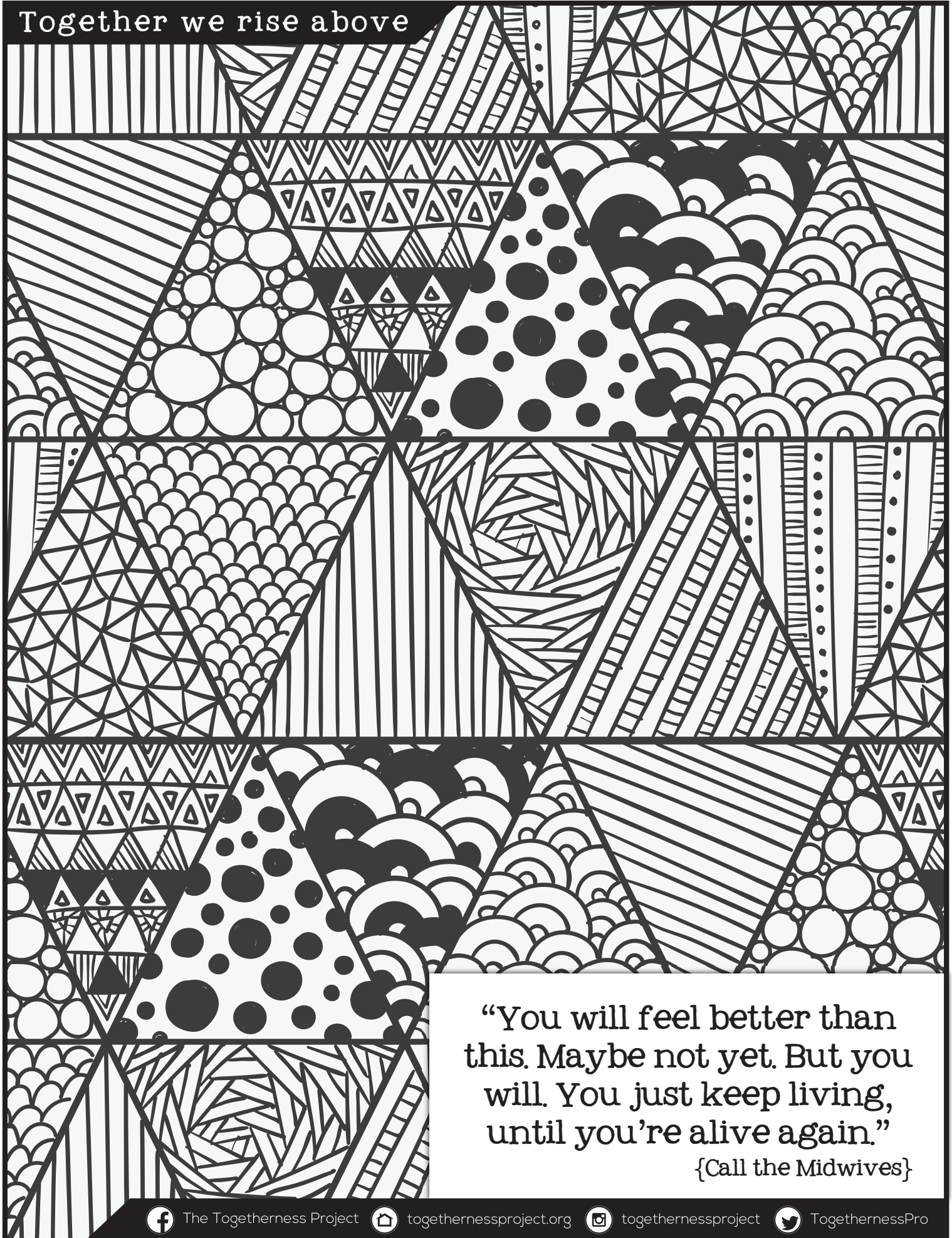


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“You will feel better than this. Maybe not yet. But you will. You just keep living, until you’re alive again.”

{Call the Midwives}



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**Please consider making a tax deductible donation at: www.togethernessproject.org
Go to the bottom of the page and click the 'Donate' Paypal button.**

By donating you will be helping the many women whose lives are affected by a loved one's betrayal, pornography/sexual addiction and/or infidelity. You are helping give women a chance to attend our life changing conferences who may not otherwise be able to attend, you are maintaining our ability to provide the best experience possible at our conferences and in our communities, and you are bringing light into places that are dark, very painful, and all too real for too many women.

By supporting The Togetherness Project, you are not only empowering and changing the lives of women, but you are also impacting marriages, families, and our communities for the better.



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