

My dear sister,

Here is a box full of sunshine to brighten your days as I know you've had quite a few rainy ones. I know life can throw its punches and what feels like all at once and can become very overwhelming. It has definitely been tough but so are YOU. You know you always have me to talk to, listen to, or cry to. As I always remind you, you need to find and MAKE the time to take care of YOU! You take care of everyone else and show up for everyone else but you need to show up and take care of yourself too. This box of sunshine are little gifts I've compiled to take care of you and add a little sunshine to your day. '

Tea/Tea/Coffee Cup- May it energize you to get you through the day

Sheet Masks - Pamper yourself to a mini spa day and revitalize your skin

Pop-Open Cards- Whenever you need a pick-me-up and smile

Sunflower Bracelet- Exactly what it says, "May it remind you of the light & happiness you bring to those around you."

Book- Make 15 minutes a day with yourself and read. This one is a good read and I hope it will lift your spirit and empower you to uncover the greatness awaiting inside you

Facial Tissue- To wipe away the tears

Wine Tumbler- Well, cause why not? Sometimes you need to wine down from the day :)

Love,

Your big Sis



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SOME RAINY DAYS

SO HERE IS A LITTLE BIT OF ...

Sunshine

