



The Little Book of

Be...

genuine

loving

strong

grateful

inspired

kind

happy

**Dawn Airhart Witte
and Friends**

Lynelle Melnyk

The Little Book of

Be...



genuine

loving

strong

grateful

inspired

kind

happy

**Dawn Airhart Witte
and Friends**



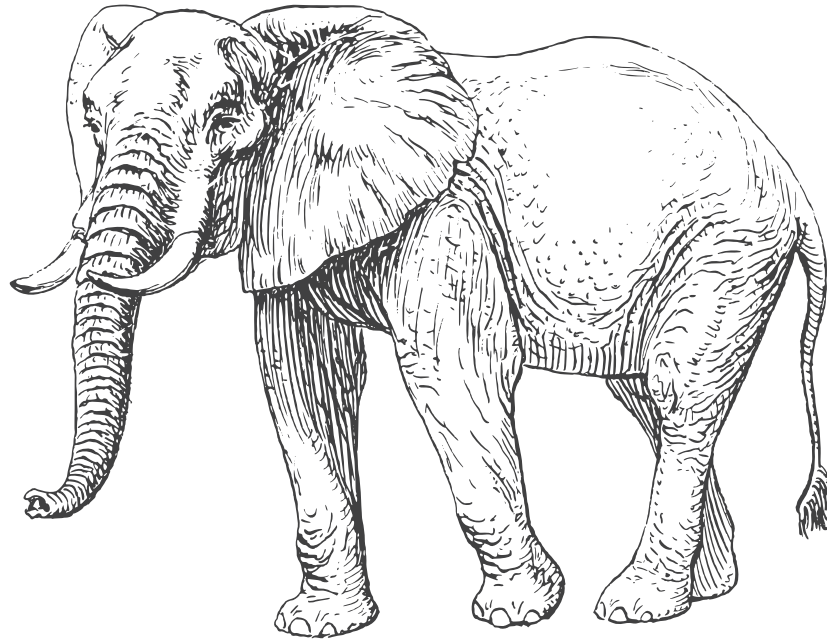
DesiretoInspireFoundation.org

Copyright © 2017 by Dawn A Witte and Friends

Cover Art: Lynette Melnyk
LynetteMelnyk.com

Contents

INTRODUCTION	1
Dawn Witte	
STRONG	6
Laura J. Swan	
KIND	7
Matthew Evans	
GENUINE	9
Clementine Bihiga	
LOVE	10
Kellee Everts	
GRATEFUL	14
Nana Kontor Nketiah	
INSPIRED	16
Deborah Louise Brown	
HAPPY	18
Tina Cooper	
AFTERWORD	19
Dawn Airhart Witte	

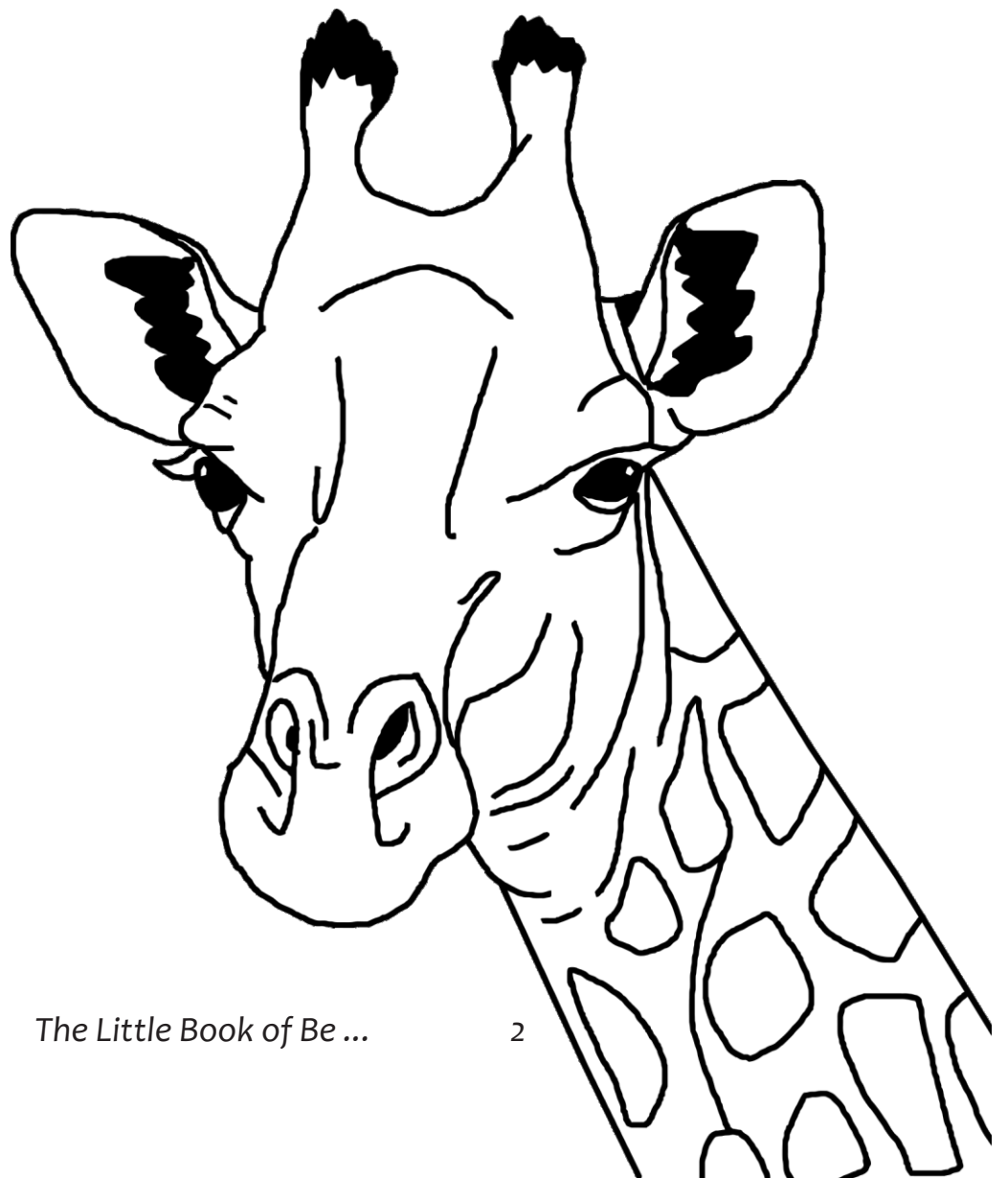


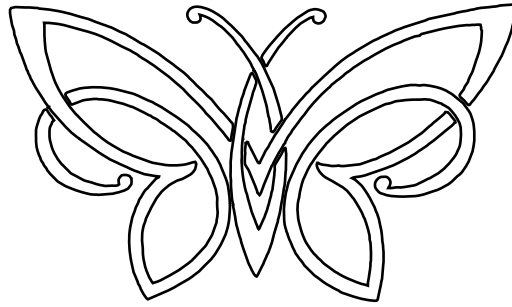
Introduction

So many people have come together to create this special book to remind you that no matter how difficult things may be at times, you are loved and you are so special.

Believe in a world where you can BE the change you wish to see in it. Our hope is that with love, gratitude, kindness, strength, inspiration, and being genuine, exactly who you are, you can BE happy and you can change the world to make it a better and more beautiful place. You have that power within you every single day.

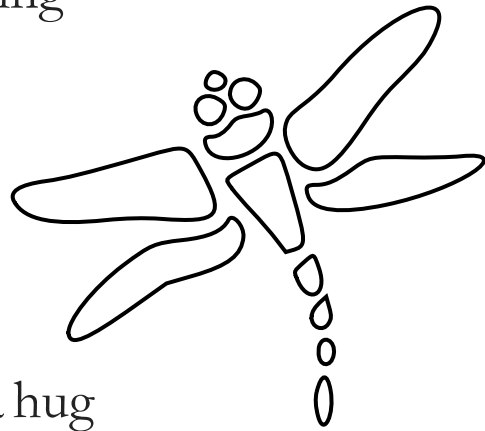
Look at your fingertips. Each and every one of us has a fingerprint that looks like no other. There is, and will only ever be, one you. You are as special and unique as your fingerprint. You have a special gift that no one else can bring to this world. Your job is to find your gift and bring it into the world with as much love and happiness that you can. You matter and you are important because you are the future and the hope of this world. You are the only you there will ever BE, so BE a good one.





In a world where you can Be anything
Be the things that make you sing

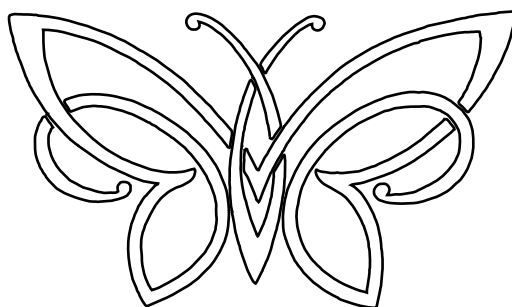
Be the birds that fly so high
Be the stars in the night sky



Be the LOVE from a kiss or a hug
Be the tears that give your heart a tug

Be as HAPPY as a child at play
No matter the storms that may come your way

Be so KIND it touches a heart
It is the very best place from which to start

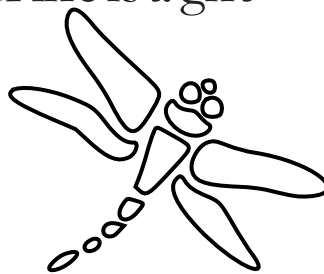


Be **STRONG** in the face of all of your fears
Stand up for the right even when danger nears

Be **INSPIRED** living in your hopes and dreams
Like the water that flows through the oceans
and streams

Be very **GENUINE** in all that you do
For then others will know who is the real you

Be beyond **GRATEFUL** for your life is a gift
With it let's use its power to lift



Be the change you wish to see
And together we can change the world, you and me

We all have a light inside of us. It is what makes our hearts beat and our blood flow through our bodies. The more goodness we put out into the world, the brighter and brighter our light shines. If you look, you will see it in others. I see it in you. Let it shine so brightly that everyone sees it.

You were given this book because you are loved and so very special. Show someone else how special they are by sharing the Be... Card on the back cover of this book. Share it with someone you know that may need an extra bit of light and love in their lives. We know you will feel the beautiful power of giving to others when you do.

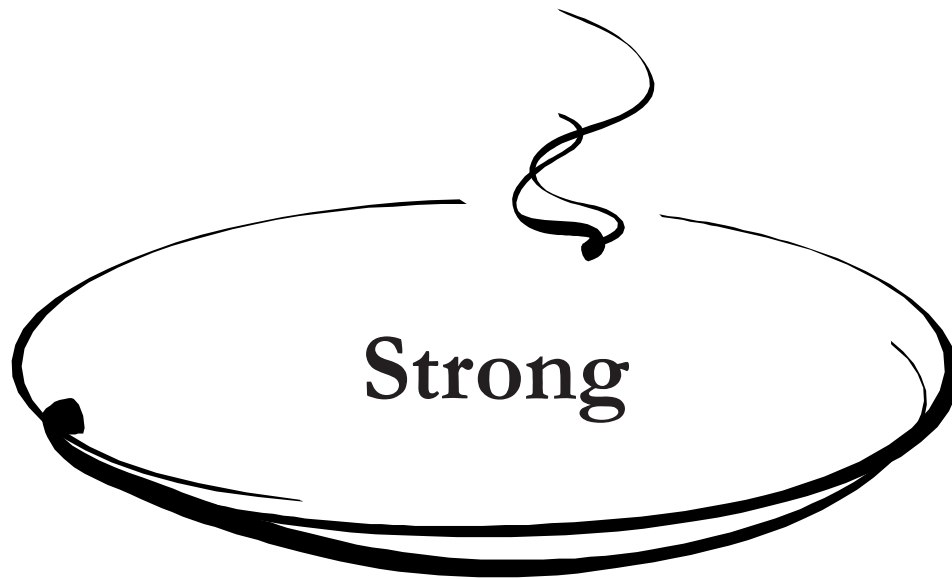
We would like to hear your stories of how you are making the world a better place by who you choose to BE. You can email them to us at info@desiretoinspirefoundation.org.

We want to share your stories to inspire others.

With all of my love,

Dawn





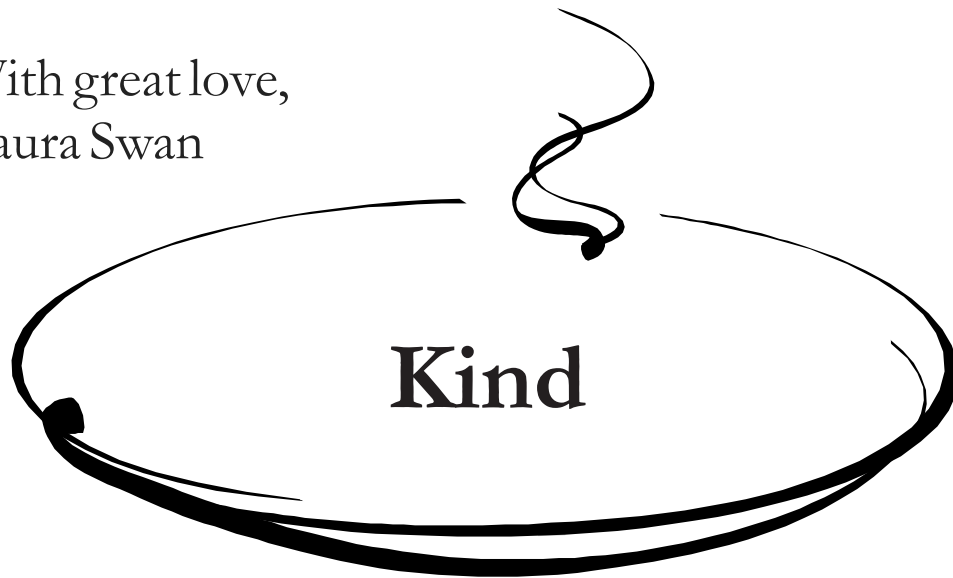
*“You have power over your mind – not outside events.
Realize this, and you will find strength.”*
~ Marcus Aurelius

Hello my precious friend,

I want you to know that YOU are a gift. Your heart has the power to change the world, and your love is a gift for all who receive it. I want to encourage you to be STRONG no matter what, and always remember how powerful you are. Life may present challenges for you, over and over again... but your love and your heart has the strength of

10,000 elephants inside! You can do anything you put your mind and heart to, and whatever you feel called to do in this life you will be guided and supported every step of the way. I am sending you love and strength from afar, and know that I believe in you with all my heart, too. You are a gift! Thank you for your beautiful heart and all the loving things you do for this world, dear friend.

With great love,
Laura Swan



*“Kindness is the language which the deaf can hear
and the blind can see.” ~ Mark Twain*

To My Beautiful Friend,

Be kind, my mother always said, it does not cost you a thing and can have a longer lasting impact

that anything money can buy. Kindness is something that can never be taken from you but that you can give freely. Unlike money and material things, you have an unending supply of kindness and can give it away, never fearing you will lose it or run out.

Being kind is something that anyone at any age can do. Think about the sun. Every day the sun shines, providing you with warmth, allowing the flowers to grow, and giving you light to wake up to each morning. The sun does not ask for anything in return. It simply gives.

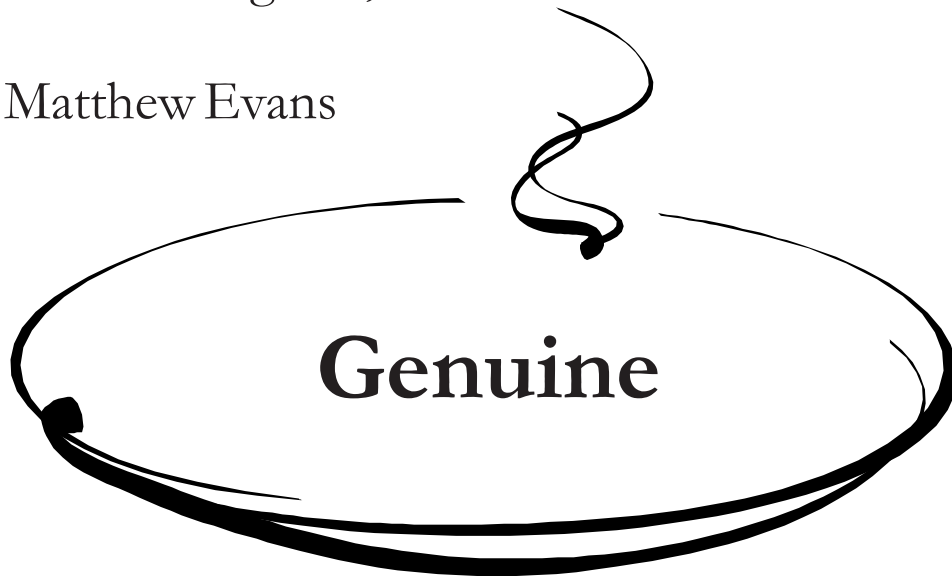
Your kindness is like the sun. You get to share your warmth and your light with those around you. Giving a kind smile to a stranger, sharing kind words to lift up a friend, forgiving those who may not deserve your forgiveness, including yourself, and giving kindness to those in need are simple ways to share your light. Like a pebble dropped in a still pond, kindness radiates outward and has a lasting impact, many times in ways you may never know.

Be kind. For being kind will make you a better person, the world around you a better place, and impact others in ways only kindness can do.

May you find kindness in your heart today,
tomorrow, and always.

With Kind Regards,

~ Matthew Evans



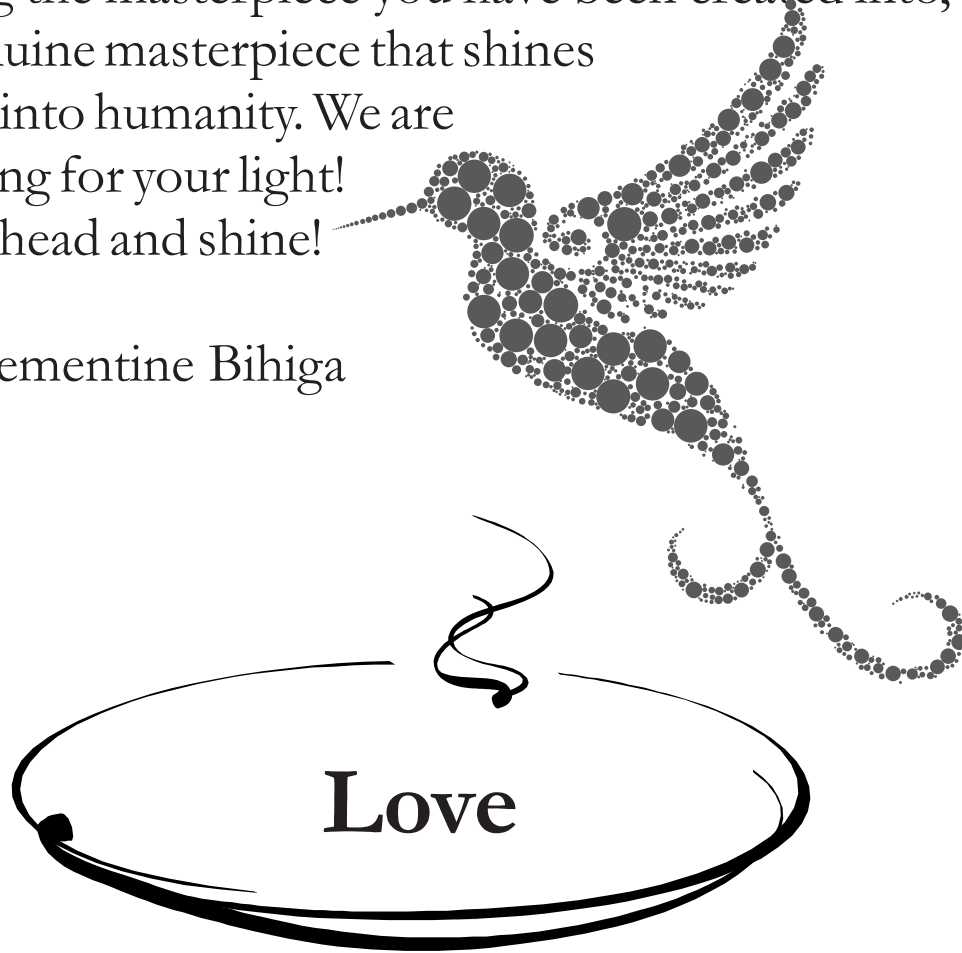
“Be yourself, but always your better self.”

~Karl G. Maeser

What does being GENUINE mean? It means you see yourself as a MASTERPIECE and are true to yourself. Be unapologetically YOU and carve your own path. Being genuine means you don't have to conform to the world's expectations but by digging deep inside of you, your past, ugly and beautiful, to find the real meaning of life and your life purpose in it to advance humanity and leave a

positive mark in this world for the future generation. Don't be afraid of being YOU, of being the masterpiece you have been created into, a genuine masterpiece that shines light into humanity. We are waiting for your light! Go ahead and shine!

~ Clementine Bihiga



*“Above all, be fervent in your love for one another,
because love covers a multitude of sins.”*

~1 Peter 4:8

Life is not easy. Love is what makes it bearable. In fact, love is why we are here.

No other four-letter word elicits more emotion and power than LOVE. But, what is love? Is love what you feel or is love an action? Is love something you can purchase, or is it something you earn?

Love is bigger than we are. Only through love can we forgive. This powerful force is unconditional. Like the sun, love radiates independently of our fears and desires.

God is Love. Love is Kindness. Love hurts, sometimes.

The more we love, the more we make our hearts vulnerable and soft to let others in. Whenever we do this, we will feel more. When we feel more, our empathy grows, which inevitably touches that part in our own heart that connects with others' sadness and pain, forcing us to feel with the loneliness and heartache owned by others. This is the common thread that connects us all on this crazy journey.

Love is listening to another when they need it the most, without judgment. Love is the empathy that fuels connection, allowing us to recognize the emotions in other people and communicating with that emotion to help heal. Love can be

painful in that connecting with others in their time of need means that we must consciously connect with something in ourselves that knows that feeling. Tapping into those deep-set emotions can hurt; but softening our hearts to let others in is a temporary hurt that has lasting benefits.

God's mission and desire for each one of us is to Love each other. To Love Him, our Father, and to love each other.

To lay down our life for a friend is the most gallant thing a mere human can do. Just one simple, sweet, seemingly minute act of love and selflessness can and does cause a ripple effect of kindness. You never know at the time – and sometimes truly ever know – how far that ripple will travel or where it will reach. But don't you dare doubt that it will travel and it will reach. It will.

Love is being brave. Bravely let your love-light shine as a reflection of the kindness in the world that you want to see and that you want to ultimately receive.

Love is patient and comforting. Love is kind; the greatest of all strengths we can possess. It can move mountains, give the gift of hope where previously there was none, and, collectively, beat

any evil in the world. When we love, we give of ourselves without thought to our own needs. When we give, we take the focus off our own worries and stresses, and in this process, we heal ourselves.

Love does not care about social status or wealth. Wealth of heart is all that matters. We are all graced with a special gift that is not for ourselves, but for others. This special gift is meant to be shared, and without complaint. This special gift is love – and we are required to employ it in serving one another as good stewards.

Love – Kindness – costs nothing. Everyone is a participant. When you think that Love won't win, then you are thinking too much and not believing enough. Love always wins. Love conquers a multitude of sins, and will forevermore.

~ Kellee Everts





“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

~ John F. Kennedy

I'm sorry, brethren and sisters, I can't see you, but it looks like somebody is in front of me. Even a blind man can feel that and that thing is DISTANCE but I know my words can reach you regardless of the distance.

It has been said that “an ungrateful man is like a hog under a tree eating acorns, but never looking up to see where they come from.”

This is why I want us to talk about GRATITUDE... Gratitude is a selfless act.

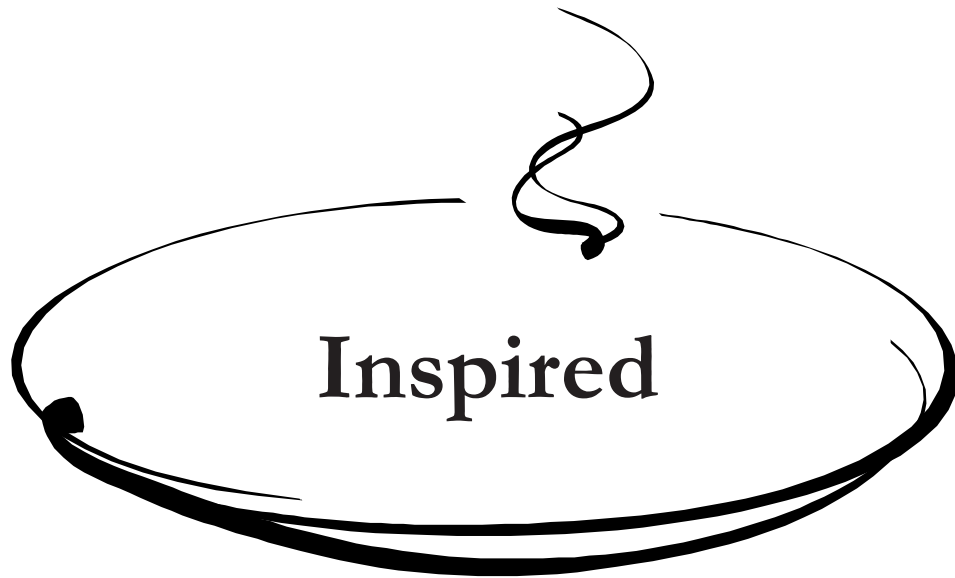
Gratitude acts are done unconditionally to show to people that they are appreciated, not because people are looking for something in return; however, that is not to say that people do not return the favor. Gratitude can be contagious, in a good way.

Nurture the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.

This little book you hold got to you through a selfless act of kindness and it needs you to take that decision to always be GRATEFUL and make that contagious for your friends, family, neighbor and strangers as well. Exhibit gratitude in all your ways and word – IT IS THE LITTLE THINGS THAT MATTER – LET GRATITUDE LEAD.

~ Nana Kontor Nketiah





*“The good life is one inspired by love and
guided by knowledge.”*
~ Bertrand Russell

When I think about being inspired, I often have great people or works of art in mind. I imagine brave people doing brave things and smart people writing smart things. I see problems that have been solved with grace and ease and I say “Yes!” that was the right thing to do.

I am also inspired by things around me, like nature, children smiling, neighbor helping neighbor, family and friends celebrating together. Being inspired by everyday things around you

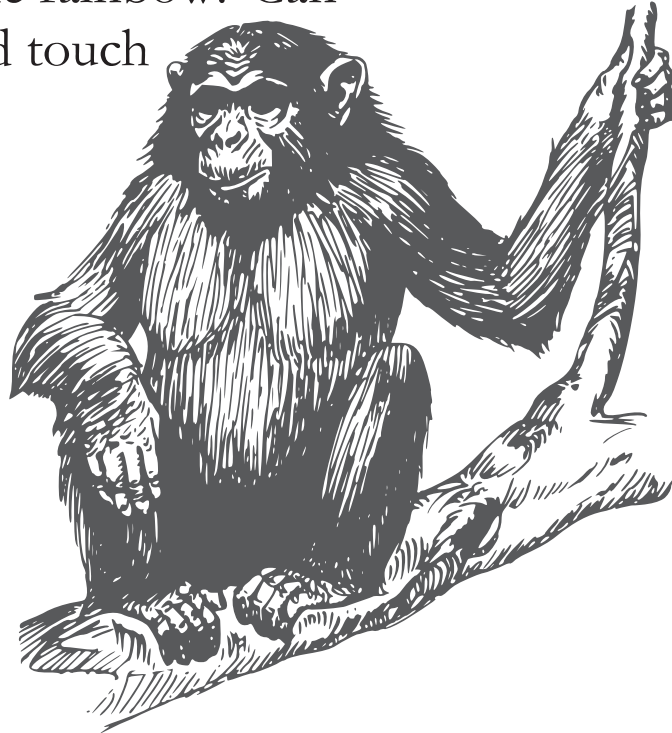
gives you a gift as precious as the air you breathe. The word “inspire” means “to breathe in,” which means every breath holds an opportunity for a new idea, plan, solution, quest, or vision. And we always carry the tools we need to work with whatever has inspired us – our five senses!

Here is an example. I am inspired by rainbows. I breathe in a rainbow through my five senses and then I feel the desire to write a story or call a friend or solve a pressing problem.

The next time you see a rainbow, breathe it in. Can you hear the rainbow? Can you smell, taste and touch it? Be inspired ... and the answer is probably “Yes!”

What inspires you,
Dear One?

~ Deborah Brown





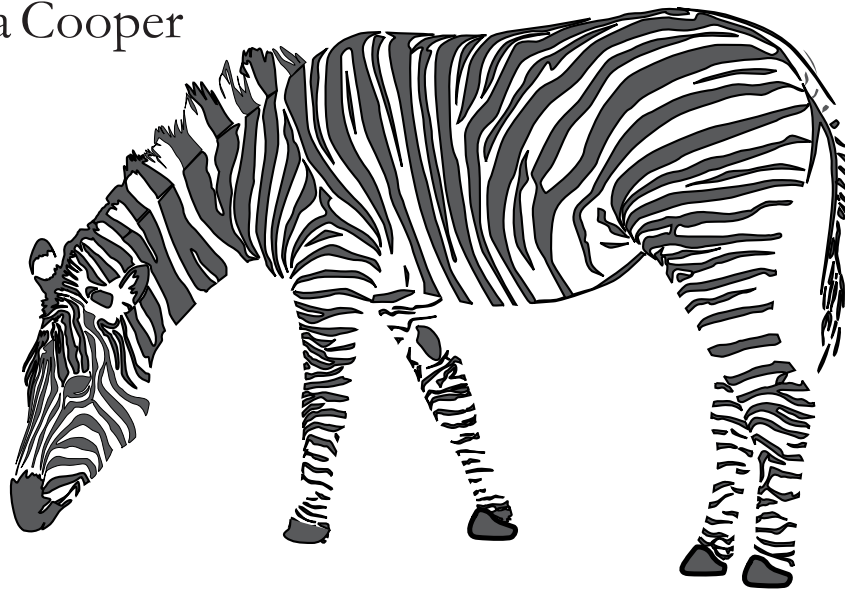
*“If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.”*
~ Dalai Lama

Hello my bright and radiant friend,

I want you to know that YOU are a gift. Your smile has the power to change the world, and your joy is a gift for all who receive it. I encourage you to be HAPPY, and carry your happiness with you like the sun! The night may descend on the plains, but your happiness will shine like the dawn and light a path for you and for others. The cold months may come, but your happiness will keep you warm and your friends will share in your laughter. Your

happiness will be a light in the darkness and warmth in the winter. I see your radiance shining from afar and I know that you will cherish it and let it shine anew each day. You, my dear friend, are a carrier of the sun. Your happiness is a gift.

~ Tina Cooper

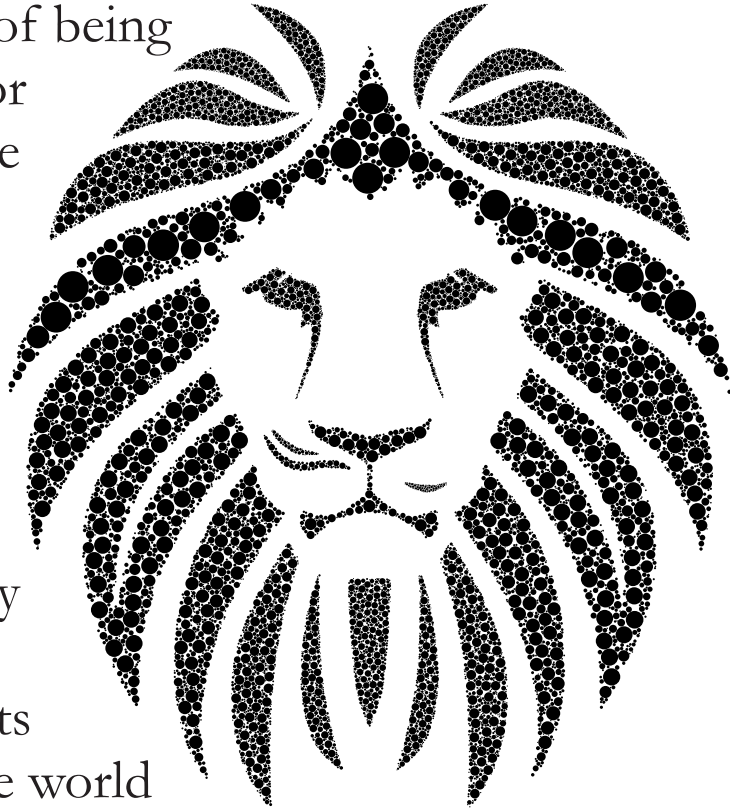


Afterword

Believe in yourself. Follow your dreams, see beauty everywhere and lead with your heart.

Please always remember whoever you choose to "BE" in the world will come back to you. Everyone's life has challenges and being **STRONG** will help you persevere. Understand

the importance of being
GRATEFUL for
your life; you are
here for your
own special
reason. Be
INSPIRED so
you may see
the beauty and
wonder each day
while you share
your great talents
with others. The world
needs your unique gifts.



Realize that kindness and love are currencies far more valuable than money. LOVE and KINDNESS are the highest currency. Always know to be true to who you are and GENUINE about who that is, because there will only ever be one you and you are a gift to the world. Last but not least, choose to be HAPPY, because happiness puts out a special energy into the world that brings about even more joy as it spreads.

~ Dawn Airhart Witte

You Are Special

May this be a reminder that you are special and loved.

You are here to do something that no one else can do because it is your very own special reason for living.

Share your gifts with this world and shine your light brightly so that all can see.



Let this page remind you of the love and kindness you have given to someone else to make their life a little brighter.

Your gift has made the world a little brighter.
You are the change we wish to see in the world.



This *Little Book of Be...* is a gift to you, just as you are a gift to the world.

Believe in a world where you can BE the change you wish to see in it.

Our hope is that with love, gratitude, kindness, strength, inspiration, and being genuine, exactly who you are, you can BE happy and you can change the world to make it a better and more beautiful place. You have that power within you every single day.

The friends gathered in this book believe in you and your dreams.

With much love,
Dawn