



mauri tū, mauri ora
**Mental Health
Foundation**
OF NEW ZEALAND

FREE COMPLIMENTS

TEAR ONE OFF AND
SHARE THE LOVE

You make the world a better place.

You're snazzier than a waterskiing T-Rex.

You'd win gold in my Friend Olympics.

You're brighter than the Southern Cross!

When I grow up I wanna be just like you.

You're better than chocolate.

You are wonderful, warm and wise.

You're sweet as kumara.

You're my happy place.

I Googled 'legend' and saw your picture.

Your kindness is contagious.

He tino pai hoki koe! You're the best!

Life wouldn't be the same without you.

You're the rock to my roll.

You bring out the best in others.

If I could bottle your greatness I'd make millions.

You give the world's best hugs.

You're cooler than the under-side of my pillow.

You are the avo in my rice ball.

You're awesome-er than you know!