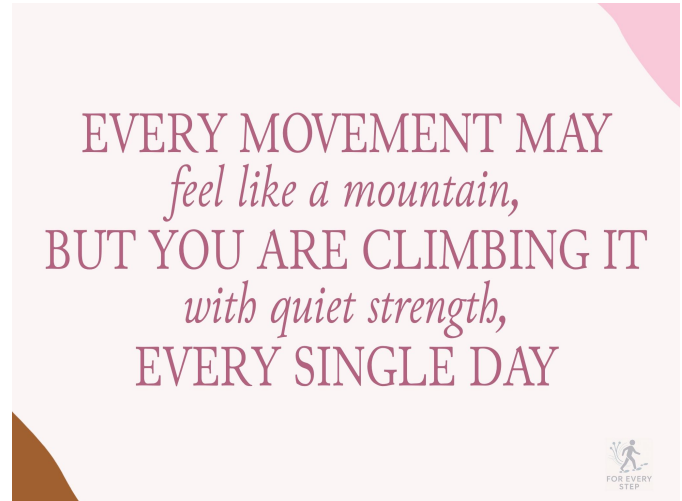


How to Create Your Digital Submission

You can choose to submit **one of the following**:

- A digital card
- A short letter or poem
- A drawing, painting, or illustration
- A motivational quote with simple design



Here's how to get started:

1. Choose a format:

Anything uplifting, encouraging, or joyful is welcome! You can use Canva, Procreate, Google Docs, or even take a clear photo of something you hand-drew.

Our recommendation is to use “Word Swag.” It's simple, free, and perfect for adding quotes or messages with beautiful fonts and layouts. Download the app on the app store!

2. Be inclusive and positive:

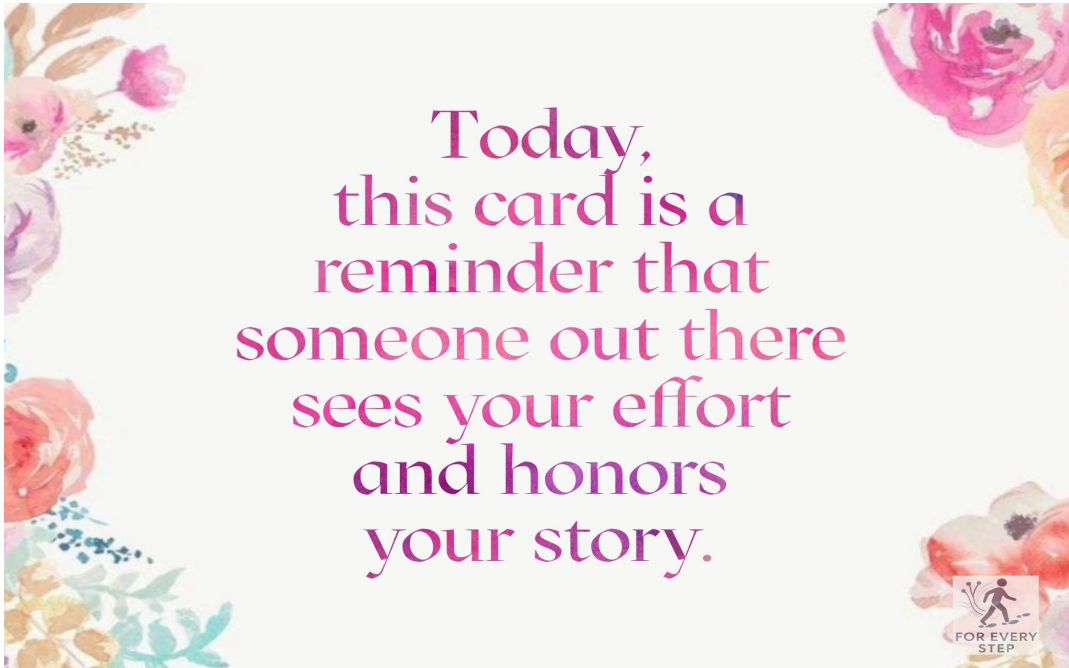
Avoid making medical references—focus on compassion, encouragement, beauty, or shared humanity.

(Ex: “You are seen.” / “Keep taking steps, even the small ones.” / “You are not alone.”)

3. Keep it simple:

Aim for clarity and warmth. You don't need advanced design skills—heartfelt and honest is more than enough.

4. **Save it as a JPG or PNG** – Or take a clear photo of something handmade.



5. Submit it at www.foreverystep.org or email it to foreverystepp@gmail.com

Thank you again for sharing your time and creativity with *For Every Step*. Please don't hesitate to reach out if you have any questions



YOUR
DETERMINATION
IN THE FACE OF
SOMETHING
SO
CHALLENGING
DOES NOT GO
UNNOTICED

