

a little
something





To be loved and be loved

學習愛人與被愛



Step out of your comfort zone

踏出你的舒適圈



Never waste a good crisis

不要浪費每一場危機



Prioritize your life

好好安排生活，做你最應該做的事



Don't give up too soon

不要輕言放棄



Never stop trying

努力嘗試不停步



Learn from kids
從小朋友身上學習



Never too late to learn
要進步，有心不怕遲



Sharing is caring
分享是關懷



It's okay to fail
失敗了又如何



It's okay to change

不要害怕改變



Press on, regardless

堅持到底



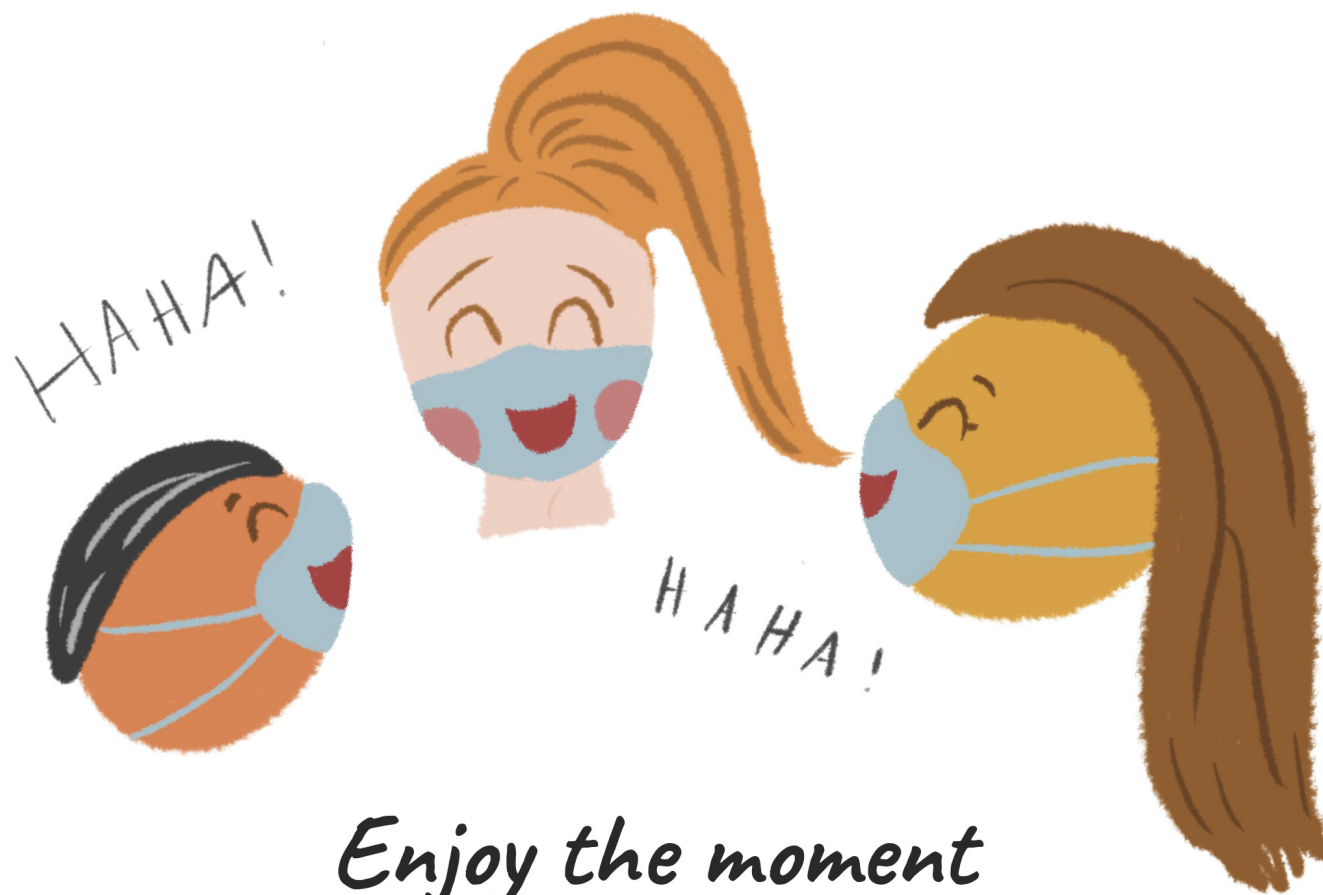
There will always be a solution

辦法總比困難多



Enjoy the process

享受過程



Enjoy the moment
活在當下



Don't forget to have fun

最緊要好玩



Worry less, smile more
煩惱少一點，笑容多一點



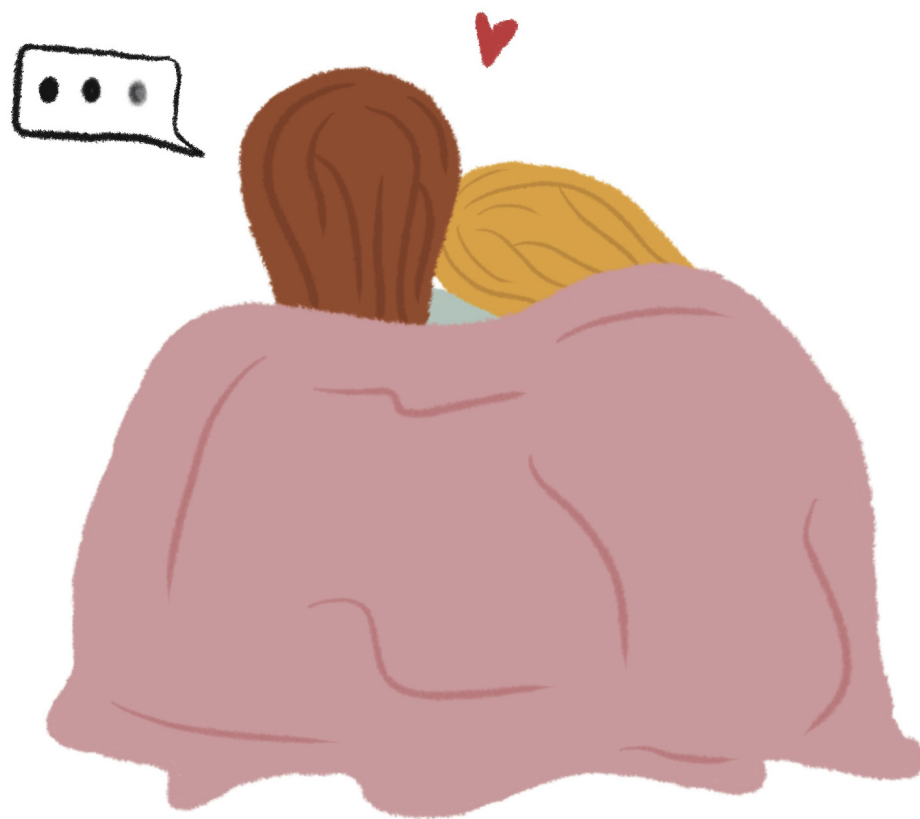
You are beautiful, inside out

你內外兼美



You'll need to take the initiative

主動出擊



Find someone to talk to
找人傾訴自己的煩惱



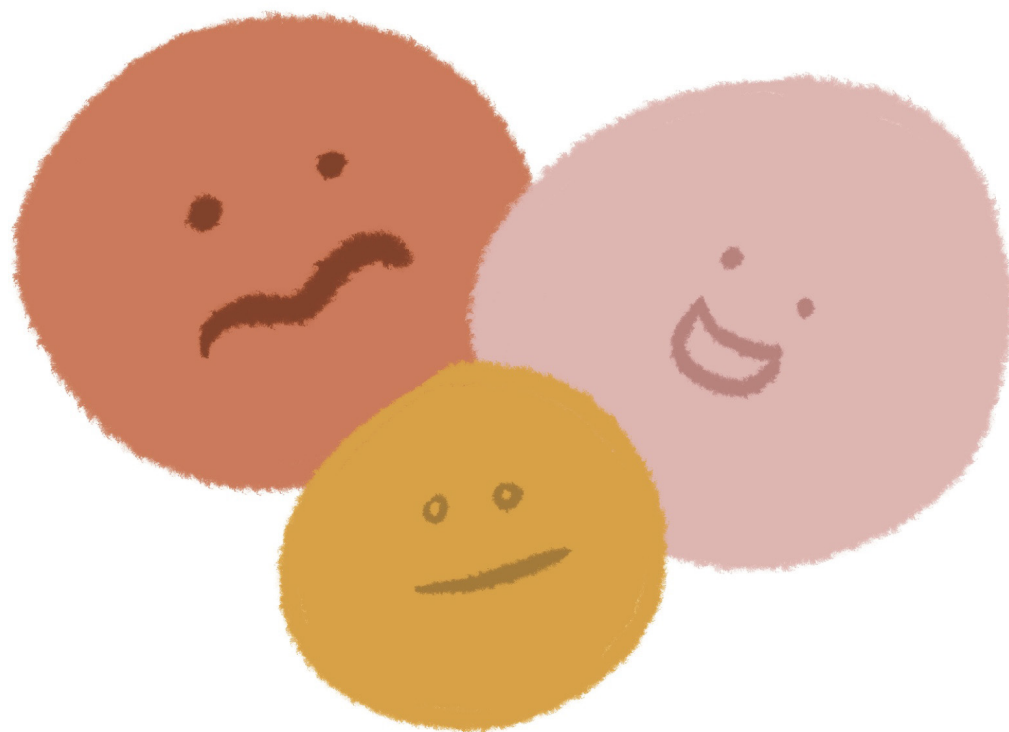
Spend some quality me time, unplugged

遠離煩囂，好好和自己相處



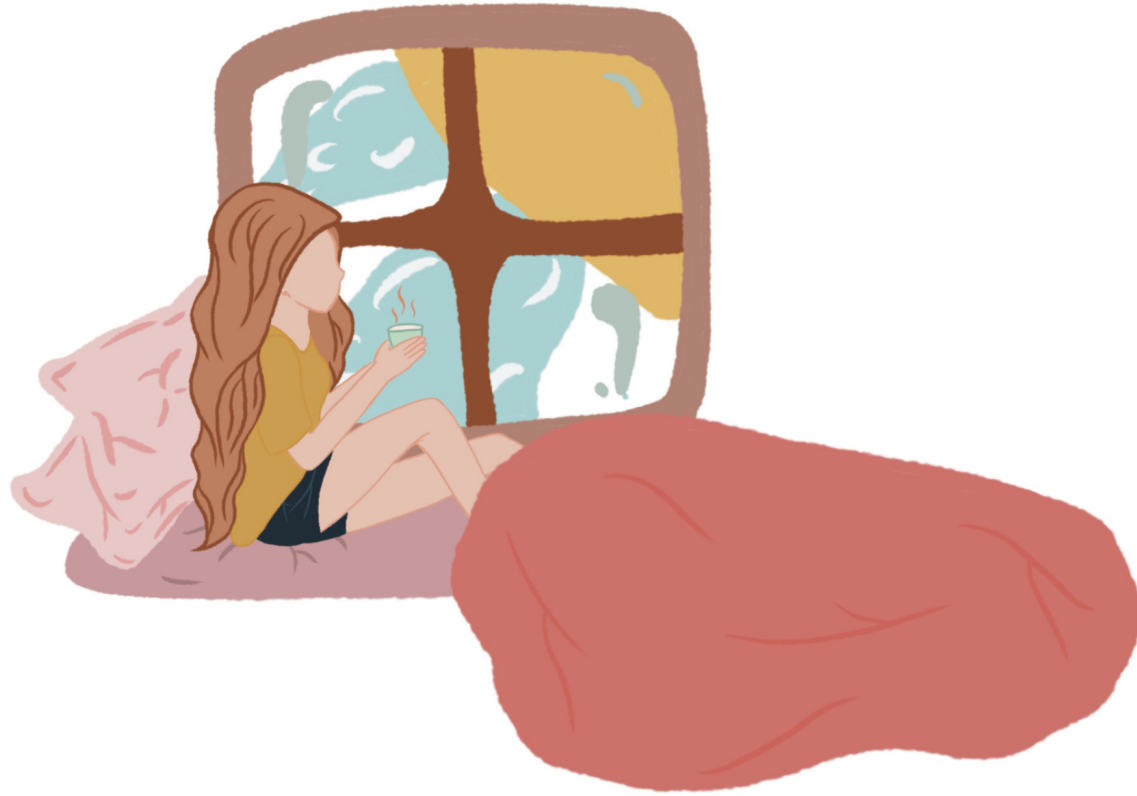
*Contemplate your childhood dreams and
how you feel about them*

回想兒時純真的夢和您現在的感覺



Observe your feelings

留意自己的情緒



*Have a quiet and mindful cup of tea,
coffee or a glass of wine*

享受寧靜的片刻



Just listen

用心聆聽



Read something that uplifts you

從閱讀中尋找靈感泉源



Do nothing

今天，什麼事都不做



Cut something stressful out of your life

趕走令你心情壞的人和事



*Spend time connecting with nature
without any distractions*

與自然同行



Listen to your heart

聆聽自己的內心

Created by Marina Watt / Illustrated by Risseia Studio

Marina has more than 15 years of experience in corporate and non-profit public relations. She is currently studying for a doctorate in education and has created the Facebook page @alittlesomethingbymarina watt for sharing tips on education and parenting. Earlier this year, she created a picture book, as well as affirmation cards for parents and their children.

創作者：屈家妍

從事企業及教育慈善公關十五多年，現正修讀教育博士課程，並開設社交平台 @alittlesomethingbymarina watt 分享教育及親子關係點滴。早前，她創作了防疫繪本及能量卡供家長及兒童使用。

Cha is a Filipina Illustrator and Graphic Designer. She resides in Bulacan, Philippines with her family. She started a little arts & design studio called Risseia Studio and now is working as an international full time freelancer for authors and beauty brands like A Million Monarchs, Tiktok, Moana Cosmetics & many more! She loves to advocate and tell diverse stories through her artworks. It is her way to encourage and inspire people from all over the world. Find out more about Cha's works on Instagram @risseia.

插畫師：Charisse (Cha) Consul

Cha是來自菲律賓的插畫家及平面設計師。現與家人居住於菲律賓的布拉坎省。作為全職自由工作者，她成立藝術設計工作室，曾為多個國際品牌工作，如A Million Monarchs、Tiktok和Moana Cosmetics等。她喜歡透過自己的作品來演繹不同的故事，亦希望藉此鼓勵和發世界各地的人。若想進一步了解Cha的作品，可瀏覽她的Instagram @risseia

Giving you a little something:

1. Take one affirmation every day.
2. Whenever you feel low, get (A little something).
3. Practice. Repeat. Routine.

<A little something> 用法

1. 每天抽一張
2. 在失落/迷茫時也看一下
3. 每天重複使用，令<A little something>變成生活日常。