

Welcome to the

FLIP SIDE

changing the way we live

Share your story. What if we could change the world by opening our hearts and sharing our untold stories of hope, inspiration and love? Well, we have a CRAZY idea! Let's do it.

The fun part. Use a page in this book* to share your experience, insight or dream. Write, draw, add a photograph, the lyrics of a song... be funny, be serious, be compassionate, be you.

There are No Rules, but there is one guideline, that your primary intention be to positively inspire the next person that receives the FLIP SIDE Book. Imagine, touching someone's life and making a difference just because you took the time to share. **When you've finished your page in the book, pass it on.** Leave the journal in a public place (a restaurant, a coffee shop, on the seat of a bus) or give it to another person. **Just keep the project moving.** We want these journals to travel the world and inspire a new way of living. Please include your location so we can track the journey.

How about hosting a FLIP SIDE party? Invite your family and friends to share some time, some food and some stories. Pass the book around, fill the pages and send it back. Get a book at www.oneworldheartproject.org/flip-side

Why are we doing this? It's time to reconnect on a new level. Every person on this planet has wisdom to share, a bit of common sense advice that they have learned along the way. This is a chance to share your story and leave a positive impression in someone's life. Just imagine how many lives you can touch. Our collective insights just might help all of us "change the way we live."

When this book is full, please send it back to us so we can share it with the world or email us at sharing@oneworldheartproject.org so we can arrange for its return. Want to be a part of a documentary about the FLIP SIDE, email us & include this book number:



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