



 **Post Happy,**  
**GIVE HAPPY**

Have 5 minutes and a sticky pad?  
**Let's make someone's day!**

The Combined Federal Campaign (CFC) is all about making a choice to give back and GIVE HAPPY. We challenge you to give happiness to your colleagues, inviting them to GIVE HAPPY too!

1. Grab a sticky pad.
2. Write a motivational message on 3 notes (*with a reminder to Give Happy at GiveCFC.org!*).
3. Stick them on 3 colleagues' desks (or tag them on social media or Teams using #PostHappy).
4. Encourage them to pass it on.
5. Make their day.

**Learn more at [GiveCFC.org](https://GiveCFC.org)**



YOU have  
the power to  
help!

[cfcgiving.opm.gov](http://cfcgiving.opm.gov)

# Post Happy, **GIVE HAPPY**

Need inspiration to get started?  
**Try these examples of motivational messages  
to share with colleagues, or write your own!**

1. Your potential is limitless!
2. Your gift can change the world.
3. You can do anything you set your mind to.
4. You have the power to help!
5. You are capable of BIG things.

With all of these messages, be sure to add:  
**“Pass it on to another colleague, and  
make a pledge at GiveCFC.org.”**

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