

SAME INSIDE.

A LIVE LIKE SAM CAMPAIGN

SAME INSIDE — CANVA TEMPLATE LIBRARY

Customizable templates for individuals, businesses, schools, and community partners.

For: All template links

Click any link below to open the template in Canva. Customize the word, share.

HOW TO USE

Click any link below to open that template in Canva.

Type your word into the speech bubble (everything else is locked, so you cannot accidentally change the design).

Download or share directly to social media. Tag @LiveLikeSam and use #SameInside.

SQUARE TEMPLATES (Instagram feed, Facebook posts)

PARTICIPATION TEMPLATES — Pick the wave that matches what you carry

Calm Square — for the words you carry quietly

<https://canva.link/2o7t1ofl7t1erb5>

Steady Square — for the words you carry consistently

<https://canva.link/rebjrnm4xmk3urq>

Turbulent Square — for the words that feel heavier

<https://canva.link/n2yz35e2gi5o9l9>

EXAMPLE + PROMOTIONAL ASSETS

Overwhelmed Example (*show-and-tell sample*)

<https://canva.link/5tco7eq9nowuqxu>

"We Carry More Than We Show" (*promotional / awareness post*)

<https://canva.link/kc5uh1dz9e7ufbg>

Same Inside Hero (*campaign hero asset*)

<https://canva.link/atyi5cmg7mfuu1k>

Square Transparent Overlay PNG (*layer over your own photos*)

<https://canva.link/uwikhmhy150a12a>

VERTICAL TEMPLATES (Instagram Stories, TikTok, Reels)

PARTICIPATION TEMPLATES

Calm Vertical

<https://canva.link/e47oyt34ultwudb>

Steady Vertical

<https://canva.link/9d2vzvtvsb78fwqy>

Turbulent Vertical

<https://canva.link/ch6nkjdz2po4c8v>

PROMOTIONAL + OVERLAY ASSETS

"We Carry More Than We Show" Vertical (*promotional / awareness post*)

<https://canva.link/6djc76d3nj40fr>

Same Inside Vertical Overlay (*layer over your own photos / videos*)

<https://canva.link/dutlpyyjxo6p23p>

BRAND ASSETS

Same Inside Logo

<https://canva.link/iwy235gkgcvoyyq>

QUESTIONS?

Erin Arend — anytime.