

A MONTH OF POSITIVITY (CHEAT SHEET)

Here's a month's worth of tips to help you be positive and more optimistic. Start with small changes, then try to add one or two tips into your life each week. Then try for every other day and then every day. Trust me, you will notice a positive impact on your life!

1. Listen to music.
2. Eat healthy.
3. Stop and smell the roses. (slow down)
4. Read a self-help book.
5. Feel better by sharing. (feels good helping others)
6. Encourage others.
7. Add a new family member. (a pet)
8. Make your home feel welcoming
9. Don't struggle alone. (share with a friend)
10. Seek a positive environment. (positive people)
11. Avoid belittlers.
12. Have a card party with gal pals to create and send each other cards.
13. Avoid negative expectations.
14. Be part of a positive energy group.
15. Keep busy.
16. A happy desk.
17. Say thank you.
18. Practice being positive.
19. Don't go overboard on negatives.
20. Focus on the problems.
22. Words matter. (remember v. don't forget)
22. Set goals.
23. Use positive affirmations.
24. Smile.
25. Does it really matter?
26. You have a choice. (negative or positive)
27. Look on the bright side. (positive to cancel out negative)
28. Have some positive "go tos" ready.
29. Positive self-talk.(Key: Do not say something negative to yourself that you wouldn't say to a good friend.)
30. Stop comparing yourself to others.
31. Learn and move on.