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UNSTOPPABLE
HAPPY BEAUTIFUL RESILIENT
LOVED I AM ME FEARLESS
STRONG ENOUGH
COURAGEOUS WORTHY BRAVE
CONFIDENT EMPOWERED

04
APRIL

Positivity

“Pessimism leads to
weakness, optimism
to power.”
–William James

	SUN	MON	TUES	WED	THURS	FRI	SAT
W01		Listen to this Ted Talk about self talk	Post the 3 questions from yesterday's Ted Talk in our Facebook group	Write down three "truths" about yourself	Identify one thought that is "unnecessary"	Find something that has "improved the silence"	Write down something you are grateful for from the past week
W02	Meditate for at least 5 minutes	Listen to this Ted Talk about overcoming negativity	Write an "up side" from your day in our Facebook group (see yesterday's Ted Talk)	Tell a loved one why you care and love him/her	Find something positive from a seemingly negative past experience	Write down one positive thing about something or someone you don't like	Write down something you are grateful for from the past week
W03	Meditate for at least 5 minutes	Read this article about creating a mantra	Write your one word mantra in our Facebook group	Repeat your one word mantra to yourself 10 times throughout the day	Say your one word mantra while looking in the mirror	Write your one word mantra somewhere where you will see it every day	Write down something you are grateful for from the past week
W04	Meditate for at least 5 minutes	Read through this list of positive affirmations	Post one of your favorite positive affirmations in our Facebook group	Repeat a positive affirmation while looking in the mirror	Find another positive affirmation you like	Listen to this positive affirmations meditation	Write down something you are grateful for from the past week
W05	Meditate for at least 5 minutes	Take a selfie and say three things you like about the picture	Chose to be happy today				
W06							

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W02	Meditate for at least 5 minutes	Listen to this Ted Talk about overcoming negativity	Write an "up side" from your day in our Facebook group (see yesterday's Ted Talk)	Tell a loved one why you care and love him/her	Find something positive from a seemingly negative past experience	Write down one positive thing about something or someone you don't like	Write down something you are grateful for from the past week
W03	Meditate for at least 5 minutes	Read this article about creating a mantra	Write your one word mantra in our Facebook group	Repeat your one word mantra to yourself 10 times throughout the day	Say your one word mantra while looking in the mirror	Write your one word mantra somewhere where you will see it every day	Write down something you are grateful for from the past week
W04	Meditate for at least 5 minutes	Read through this list of positive affirmations	Post one of your favorite positive affirmations in our Facebook group	Repeat a positive affirmation while looking in the mirror	Find another positive affirmation you like	Listen to this positive affirmations meditation	Write down something you are grateful for from the past week
W05	Meditate for at least 5 minutes	Take a selfie and say three things you like about the picture	Chose to be happy today				
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