POSITIVE FORWARD MOTION

with Denise Scattergood

Get more of what you want and less of what you don't, both personally and professionally.

Learn and Start Something New

POWER POINTS

"A mind that is stretched by a new experience can never go back to its old dimensions"

-Oliver Wendell Holmes Jr.

It is just as important to exercise our minds as it is our bodies.

List 3 simple things that you can do, starting today, to exercise your mind.

Learning affects our well-being in many positive ways. It exposes us to new ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience.

Identify something new and fun that you would like to learn and write out the necessary steps to help you take action.

A stimulated happy brain makes a stimulated happy you!

Get out there and learn. Start something new! Your bran and body will thank you!

PERSONAL PLAN

POSITIVE FORWARD MOTION

No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.

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