POSITIVE FORWARD MOTION

with Denise Scattergood

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

Celebrate YOU!

"No one can make you feel inferior without your consent."

—Eleanor Roosevelt

STEPS TO SUCCESS

PERSONAL PLAN

Be Nice. Speak to yourself and others with positive uplifting words. List words that make you and others happy.

Nobody is Perfect. Let go of perfection. List what you learned when you tried something new.

Practice Appreciation. Practice writing down three things that you appreciate about yourself. Do this once a day, every day, and when you are feeling down go back and read all the wonderful things about yourself!

Learn to Accept Compliments. The next time someone compliments you, don't brush it off, accept it! Smile and say thank you!

Get Moving. Exercise! It releases endorphins that make you happy. Write down an exercise goal for yourself this week and achieve it, even if it is as simple as going for a short 15-minute walk each day.

Channel your Inner-Hero! Put on your favorite pump-up song and wear something that makes you feel confident and strong!

Reward Yourself! Write down your favorite things to do. Make an effort to schedule in time this week for you to do them and make it a habit to do this regularly. You deserve it!

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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