POSITIVE FORWARD MOTION

with Denise Scattergood

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

LOVE

"I have decided to stick to love; hate is too great a burden to bear."

—Martin Luther King, Jr.

STEPS TO SUCCESS

Practice Self-love. List 3 things right now that you love about yourself. Read them out loud daily. Write it on your bathroom mirror. Be your own best cheerleader!

Learn to love your problems. Without problems there is no progress. Embrace the challenges. Love becoming a problem solver. Write out a problem and its solution right now!

Love your enemies. Don't let others change you, make you bitter or angry. Instead, take the position of kindness and love. Are you carrying anger or revenge with you now? Identify it and let it go.

Love your competitors. Competition is good for us. Find ways to help competition make you better not bitter. The choice is yours!

Heal with love not force. Have a grateful heart and find good in your situation. Write out 3 ways this experience can help you or others.

Love unconditionally and without expectations. When you openly and honestly give you will receive way more in return. Identify what you can give without the expectation of a return.

Practice daily gratitude. Identify and list 1 thing you are grateful for every day. Read it aloud and keep the list going for 30 days.

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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