POSITIVE FORWARD MOTION

with Denise Scattergood

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

Keep Calm and Carry On!

"Head up, heart open. To better days!"
– T.F. Hodge

STEPS TO SUCCESS

Start Spring Cleaning Early. Make time to organize that shelf, drawer, closet, etc. that you have been needing to clean! List 2 things you can start today.

Be a Great Role Model. Enjoy your time at home by having fun with your family playing board games or learning new skills together. Hold a family meeting and list things to do and learn.

Organize Your Photos. Have pictures you have been needing to scan into your computer or scrapbook? Start today so that you can look back on them fondly in the future!

Read a Book. Use this time to catch up on reading you have been wanting to do, and now have the time for!

Light a Candle. Candles are proven to help create a relaxing atmosphere, so if you have some now is the time to get lighting!

Get Some Exercise. There is no harm in going outside so long as you keep a distance from other people, so go for a walk, hike, or run! Want to stay inside? Follow an online guided workout from home! What have you always wanted to try? Yoga, Zumba, Country Dancing? Get online and get moving in the privacy of your own home! Yay, how fun!

Start Writing. Write a letter to someone, write a letter to your future self, start journaling! Journaling is incredibly beneficial to mental, emotional, *and* physical health. Start now by writing out how you are currently feeling.

Maintain a Sunny Disposition. In times of adversity you still have the freedom to choose what you focus on, so choose to focus on the good and see the glass half-full!

Be Grateful. Even if you are stuck at home, there are still so many things to be thankful for. Write down 3 things that you are grateful for right now.

Set Time Limits. Stay informed, but don't let the news consume you! Set 15-minute intervals 3 times a day to catch up on news.

PERSONAL PLAN

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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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