



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

For.

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples"
-Mother Teresa



STEPS TO SUCCESS



PERSONAL PLAN

Focus on the Good. Reflect on a time when you were faced with a negative situation and write down as many good outcomes from it that you can, big or small. Do this every time you are faced with a negative situation.

Replace Negativity. Make a list of the top 3 sources of negativity in your life. Write them down and what you can do to spend less times with those things, whether it be finding new positive friends, seeking out good news instead of bad news, or advocating for change.

Focus on the Present. Write down how you are feeling right now about your life and everything that surrounds you. Is there a way it can be improved and made more positive? Make a list of the things you can do *today* that will improve your present.

Avoid Judging. Replace judgement phrases like "Why would anyone do that?" or "What are they thinking?" with phrases like "I wouldn't have thought about it that way." Encourage positive conversations and dialog. Try it for yourself!



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