

# HOW TO PROMOTE



ALL DAY EVERYDAY™

## IN YOUR LIFE

### TIPS TO IMPLEMENT IN YOUR DAILY LIFE

- AVOID THINKING NEGATIVE THOUGHTS
- FIND MORE POSITIVE PEOPLE
- TURN OFF THE NEWS
- BE GRATEFUL
- FIND JOY IN THE THINGS YOU DO

X  
X  
X  
X  
X  
X

X  
X  
X  
X  
X  
X