

HOW TO MAINTAIN A POSITIVE MENTAL ATTITUDE™

5 TIPS TO IMPLEMENT IN YOUR DAILY LIFE

-  SURROUND YOURSELF WITH POSITIVE PEOPLE WHO INSPIRE AND MOTIVATE YOU
-  DISTANCE YOURSELF FROM NEGATIVE PEOPLE THAT DRAIN YOUR ENERGY (FRIENDS, FAMILY, ETC)
-  MAKE HEALTHY LIFESTYLE CHOICES. (DIET, EXERCISE, ETC.)
-  ATTITUDE IS EVERYTHING! BE AWARE THAT YOU HAVE THE POWER TO CHANGE IT.
-  BE GRATEFUL AND PRACTICE POSITIVE AFFIRMATIONS

X
X
X
X
X
X

X
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X