



TIPS FOR KEEPING YOUR THOUGHTS POSITIVE!



WITH MELISSA WEBB
FROM
WRITEONWEBB.COM

WRITE OUT YOUR FEARS

THINK ABOUT YOUR
THINKING - IS IT HEALTHY?
DOES IT NEED TO CHANGE?

MAKE A GRATITUDE LIST

THIS CENTERS OUR
THOUGHTS AND KEEPS
THEM POSITIVE!

BE WILLING TO BE COACHED!

AND HOW CAN YOU COACH
OTHERS?

THINK OF WAYS THAT RECHARGE AND FILL YOU!

WHICH WILL YOU DO
TODAY?