

## **How to Stay Upbeat and Positive!**

- **Expect positive outcomes every day!**
- **Start each day by planting positive seeds of thought!**
- **Look forward, not backward...**
- **Take time every day to daydream**
- **Dare to aim high**
- **Attitude is everything!**
- **Learn from your mistakes and move on**
- **Enjoy the sunset**
- **Accept occasional small setbacks**
- **Live your dreams!**

**From Alexander Lockhart, *Positive Charges*, 1994, Zander Press.**