

RIDING THE WAVE OF POSITIVITY!

Learn how to ride the wave of positivity. Positivity is a state of mind and being positive or negative can have a huge effect on yourself and others around you. This class will give you useful tips on how to stay positive and break the cycle of negativity.

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POSITIVITY

Positive (Merriam – Webster Dictionary)

a: having a good effect : favorable *a positive role model*

b : marked by optimism: *the positive point of view*

Definition of *positivity* (Merriam – Webster Dictionary)

1 : the quality or state of being positive

2 : something that is positive



NEGATIVITY

Definition of Negativity (Merriam – Webster Dictionary)

a : lacking positive qualities; *especially* : [disagreeable](#)
a colorless negative personality

b : marked by features of hostility, withdrawal, or pessimism (see [pessimism](#) 1) that hinder or oppose constructive treatment or development *a negative outlook negative criticism*

c : promoting a person or cause by criticizing or attacking the competition

Negative people need
drama like oxygen...
Stay positive, it will
take their breath away

all-greatquotes.com

I LOVE MY CO-OP BECAUSE

BREAKING THE CYCLE OF NEGATIVITY



LAUGHTER IS THE BEST MEDICINE

**THERE IS
NOTHING
IN THE WORLD
SO IRRESISTIBLY
CONTAGIOUS AS
LAUGHTER AND
GOOD HUMOR.**

CHARLES DICKENS

MEDIAWEBAPPS.COM

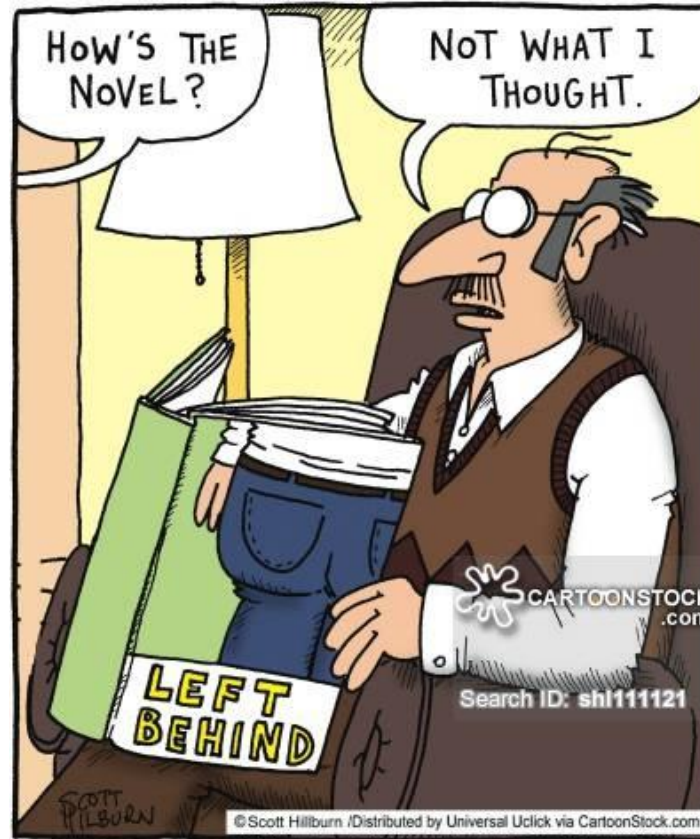
TIPS FOR STAYING POSITIVE!

- Find the positive in all situations



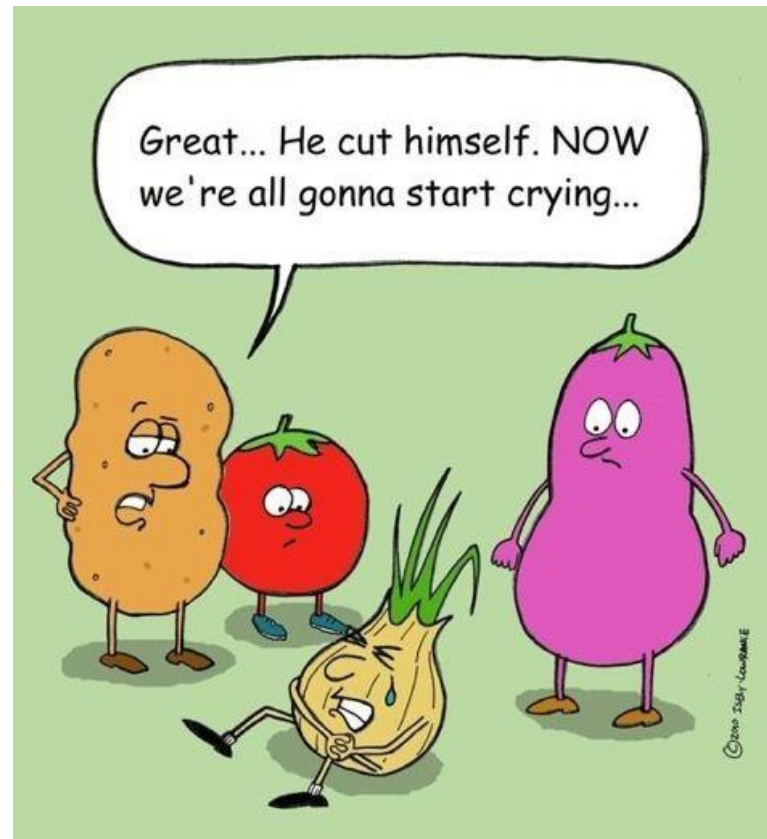
TIPS FOR STAYING POSITIVE!

- Don't always judge a book by it's cover



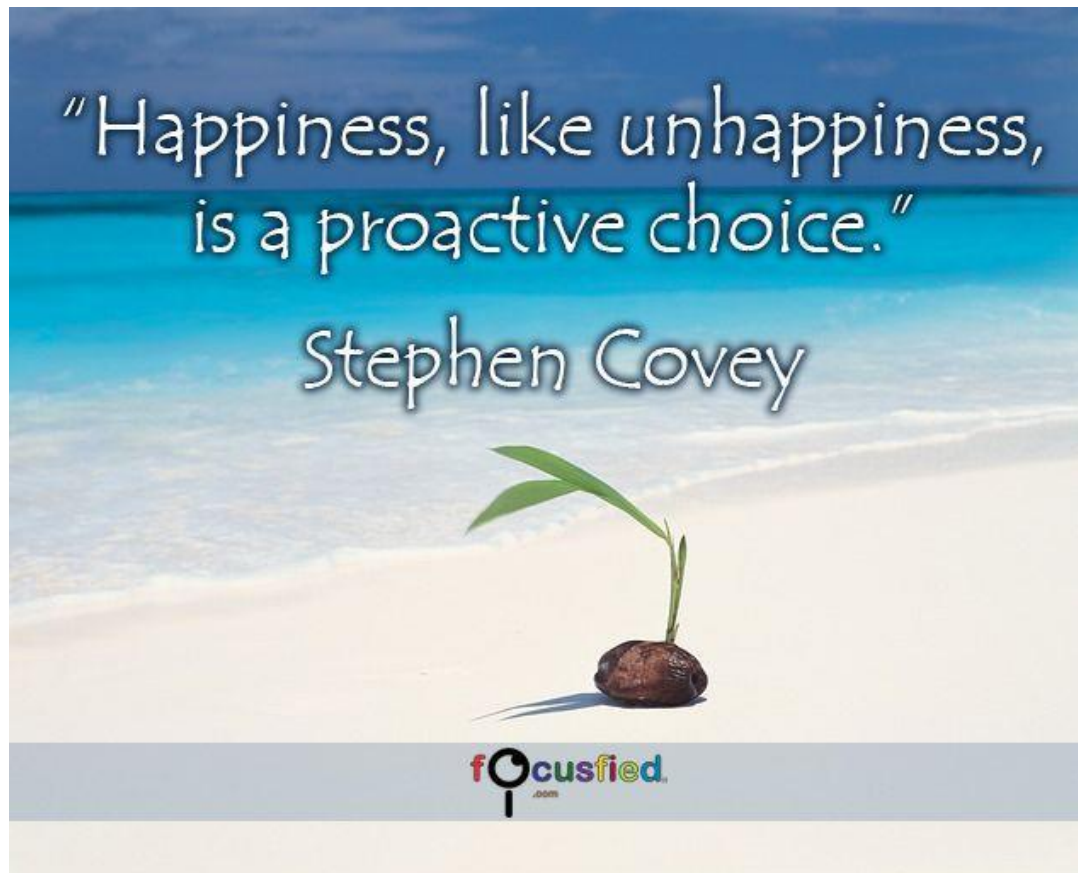
TIPS FOR STAYING POSITIVE!

- Find the humor in things



TIPS FOR STAYING POSITIVE!

- Act instead of being reactive



TIPS FOR STAYING POSITIVE!

- Watch out for the vampires



TIPS FOR STAYING POSITIVE!

- Be flexible and improvise when necessary

