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
da 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

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I LOVE MY CO-OP BECAUSE
BREAKING THE CYCLE OF NEGATIVITY

LEAVE YOUR PAST BEHIND

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LAUGHTER IS THE BEST MEDICINE

There is nothing in the world so irresistibly contagious as laughter and good humor.

CHARLES DICKENS
TIPS FOR STAYING POSITIVE!

• Find the positive in all situations

EVERY DAY MAY NOT BE GOOD...
BUT THERE IS SOMETHING GOOD IN EVERY DAY.
**TIPS FOR STAYING POSITIVE!**

- Don’t always judge a book by it’s cover
TIPS FOR STAYING POSITIVE!

• Find the humor in things

Great... He cut himself. NOW we're all gonna start crying...

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TIPS FOR STAYING POSITIVE!

• Act instead of being reactive

“Happiness, like unhappiness, is a proactive choice.”

Stephen Covey

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TIPS FOR STAYING POSITIVE!

• Watch out for the vampires

Emotional Vampires suck the life out of you one spectacularly sensational, melodramatic moment at a time.

We suggest garlic and a new phone number.

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TIPS FOR STAYING POSITIVE!

• Be flexible and improvise when necessary

NO STOVE

NO PROBLEM