



## TO BE MORE OPTIMISTIC



- \* Use a positive inner voice
- \* Approach challenges seeking a solution
- \* Appreciate something new everyday
- \* Practice using affirmations
- \* Include positive people in your life
- \* Keep an appreciation journal
- \* Be informed, but not overwhelmed
- \* Start thinking about nice 'what if's'
- \* Be more confident in yourself
- \* Make lifestyle choices which bring you joy

To me,

This is to remind me, I can make changes if I choose, to which are good for my wellbeing and I have the right to make my own plans and have my own dreams. I made a promise to myself to:

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Even if I forgot, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps; no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx 



“We must have a pure, honest, and warm-hearted motivation, and on top of that, determination, optimism, hope, and the ability not to be discouraged. The whole of humanity depends on this motivation.”

- Dalai Lama



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