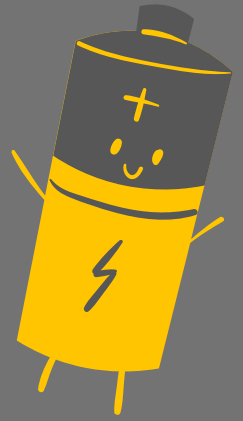


"STAY POSITIVE"



15 TIPS TO HELP GROW POSITIVITY FOR 2022

1. Work on a positive mindset
2. **Show & practice gratitude**
3. Use positive language with yourself & others
4. **Be in the moment & focus on the present**
5. Take time to pause & breathe
6. **Make peace with the past**
7. Surround yourself with positive influences & people
8. **Picture yourself achieving goals**
9. Share positivity with others
10. **Be kind to yourself**
11. Celebrate the small wins
12. **Exercise**
13. Connect with nature
14. **Create a positivity mantra**
15. Believe in "YOU" & reach out if you need to talk

