



Positive mind

It's easy to get caught up in the negative, to share your drama filled stories or to watch the news and feel as if there is nothing good happening around you. So if you want to have a positive mindset you have to work at it. Commit to focusing on the positive today and write down every time something makes you smile, even if it's just the fact that you caught your bus on time or your cup of tea tasted great. If you try and carry this on over the course of the week you will have so much positivity to look back on at the end of the week.






