

There is so much negativity in the world and many people have forgotten how to be positive. Positive Word Packs are to help you express positive words with family friends and people that you meet.

This pack is aimed at helping business owners to keep going when things are tough.

What to do with your Positive Words Packs

1. **Toilet Tutor** is an A4 Poster that is ideal for the back of the toilet door, where you can read it on a regular basis
2. **Fridge Focus** Cards are A5 Cards that can be put on the refrigerator
3. **Wallet Words** are cards that can go in lunch boxes/phones/wallets/briefcase as a pick me up or to encourage someone

Business Owners

Effective ways to upgrade your mindset...

- Change your self-talk... To upgrade your mindset, change your negative self-talk to an empowerment speech.
- Change your language... make it a habit to talk about the things that are going well in your life instead of complaining and talking about your problems.
- Seek positive friends... you become like the people you hang out with
- Jump out of your comfort zone... If you put yourself in situations that challenge you, you have no other choice than to rise to the occasion and upgrade your mindset. It becomes a necessity to survive.
- Consume positive media... avoid the media doom and gloom
- Learn and apply... Read books from great minds to understand and adapt their thinking
 - Start with Why by Simon Sinek
 - How to win friends and influence people by Dale Carnegie
 - The Slight Edge by Jeff Olsen
 - Rich Dad, Poor Dad by Robert Kiyosaki
- For personal development courses go to www.answeres.com.au