

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.

There are different packs aimed at relationships, children, bullying, business owners and even Random Acts of Kindness packs.

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

Couples... Suggestions

- Read the book together "The Five Love Languages" by Florence Littauer and work out which is your love language each prefers
- Create a memory box together and fill it with mementos from places and things you do together (this will help through the tough times). Often creating experiences is more effective than buying gifts.
- If you receive 10 "I'm Sorry Wallet Words" -share a secret... it shows a deeper level of trust in your relationship
- Picnics are a great opportunity to enjoy a dreamy moment with your partner in the great Australian outdoors
- Find an historical site and research and explore the history of the site together (creating memories)
- Laugh together
- Slow dancing night
- Binge-watch something together with the phones turned off!
- Answer the following "I like when my spouse does these things because...."
- Answer the following "the one thing that would make me feel special is..."