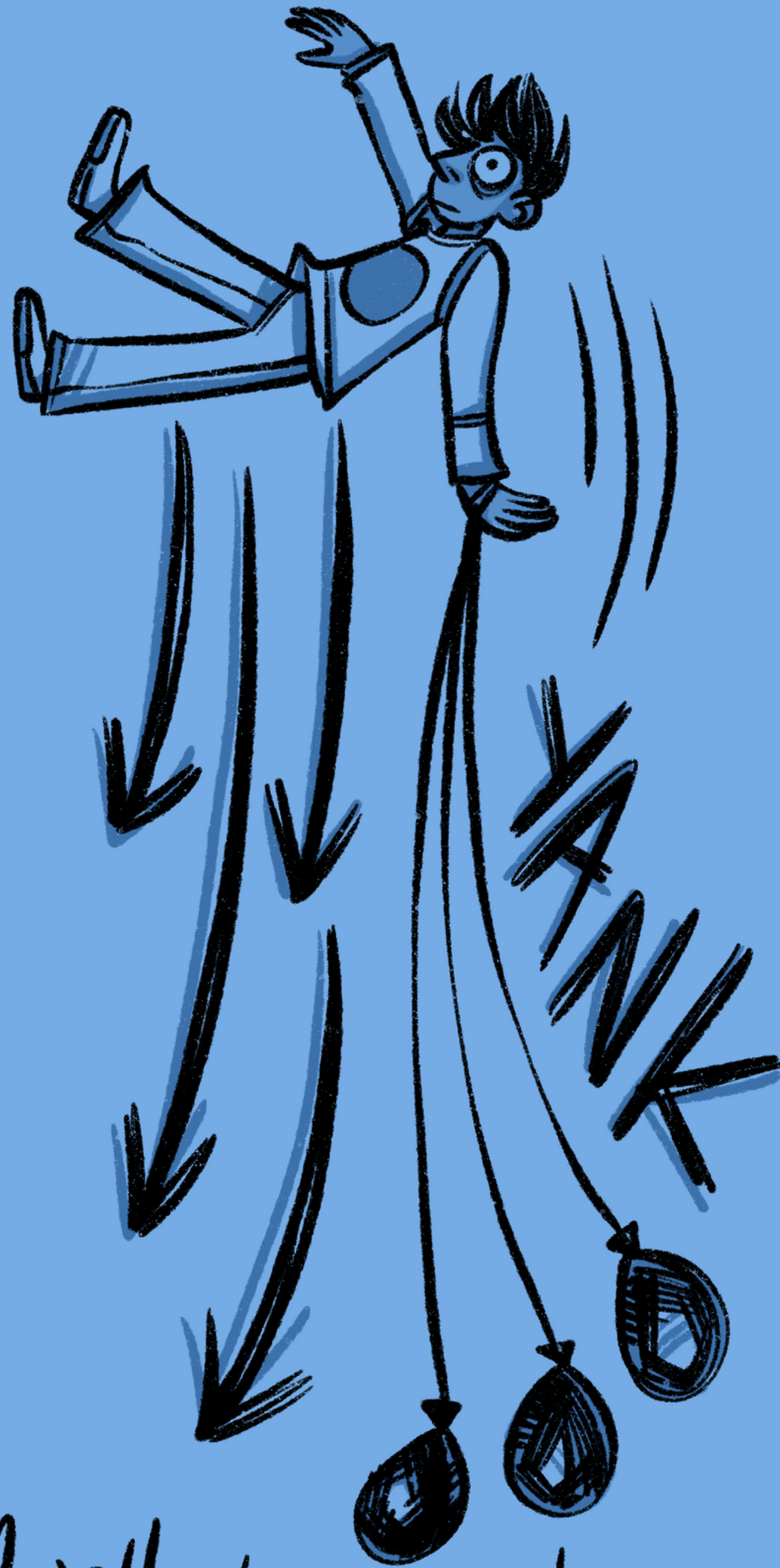


Life isn't perfect, for any of us.
You always have one or two negative
things floating around at a time.

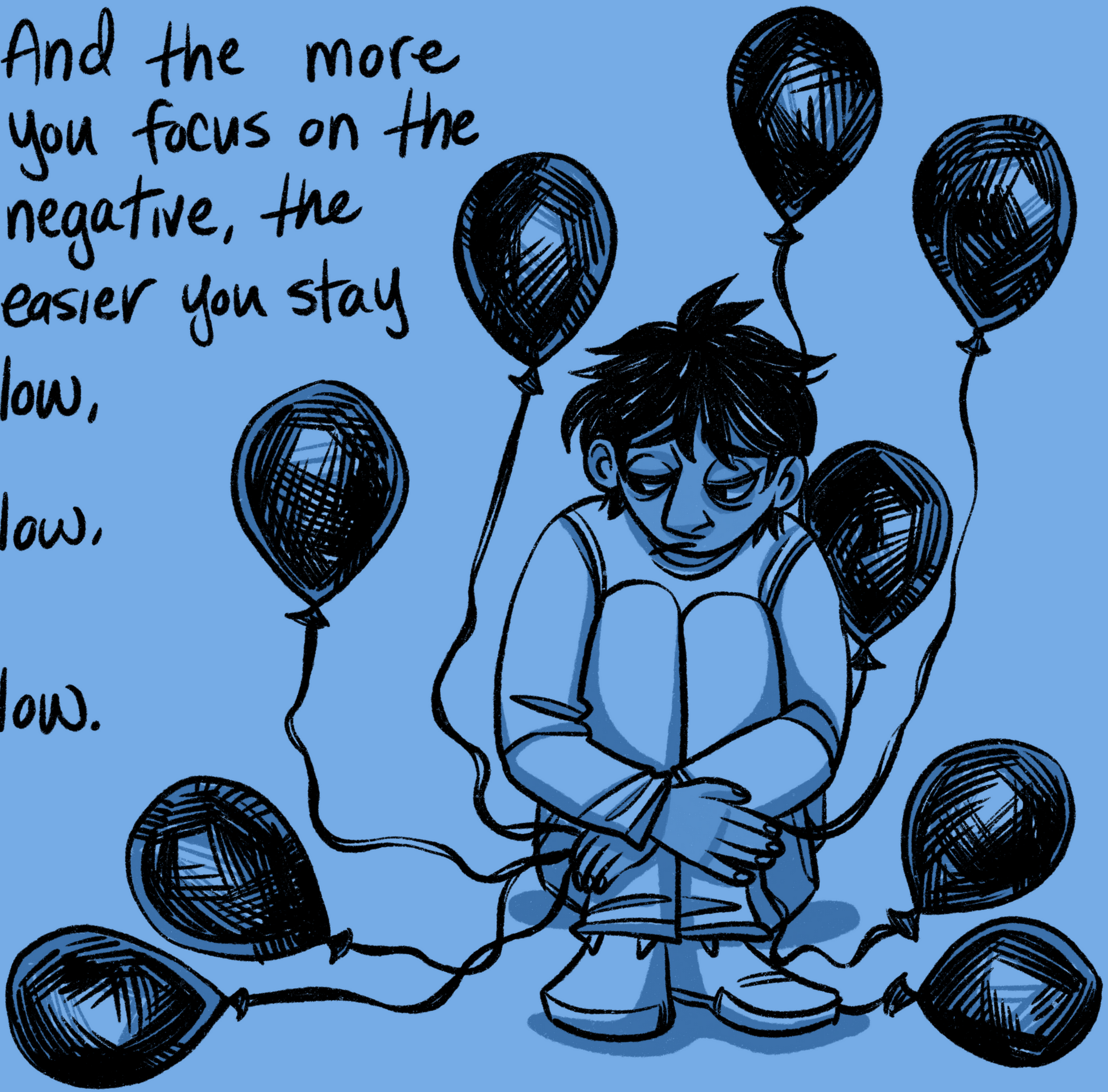


flow



If you dwell too much on those negatives, though, they can really start to weigh you down.

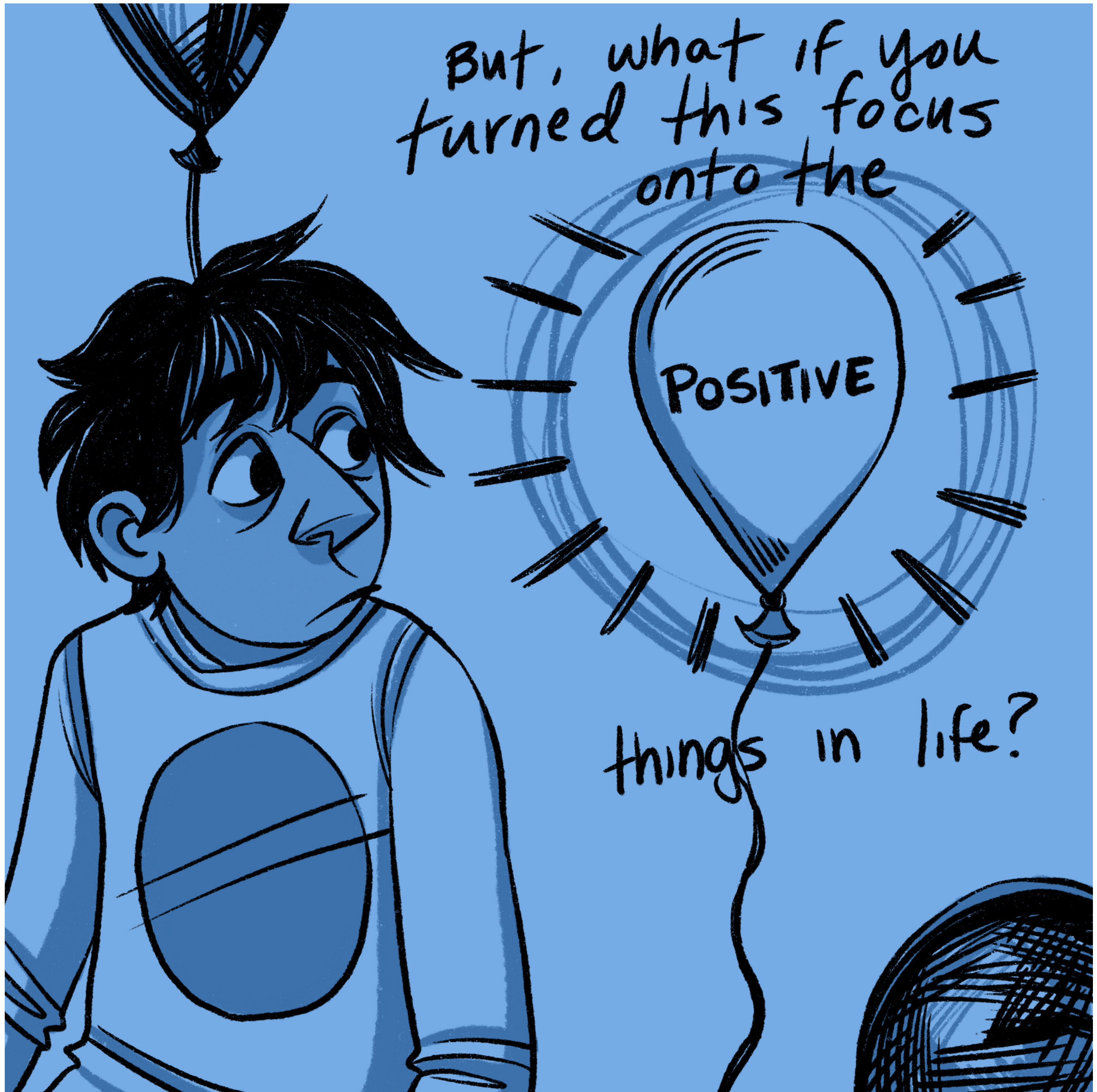
And the more
you focus on the
negative, the
easier you stay
low,
low,
low.



But, what if you
turned this focus
onto the

POSITIVE

things in life?





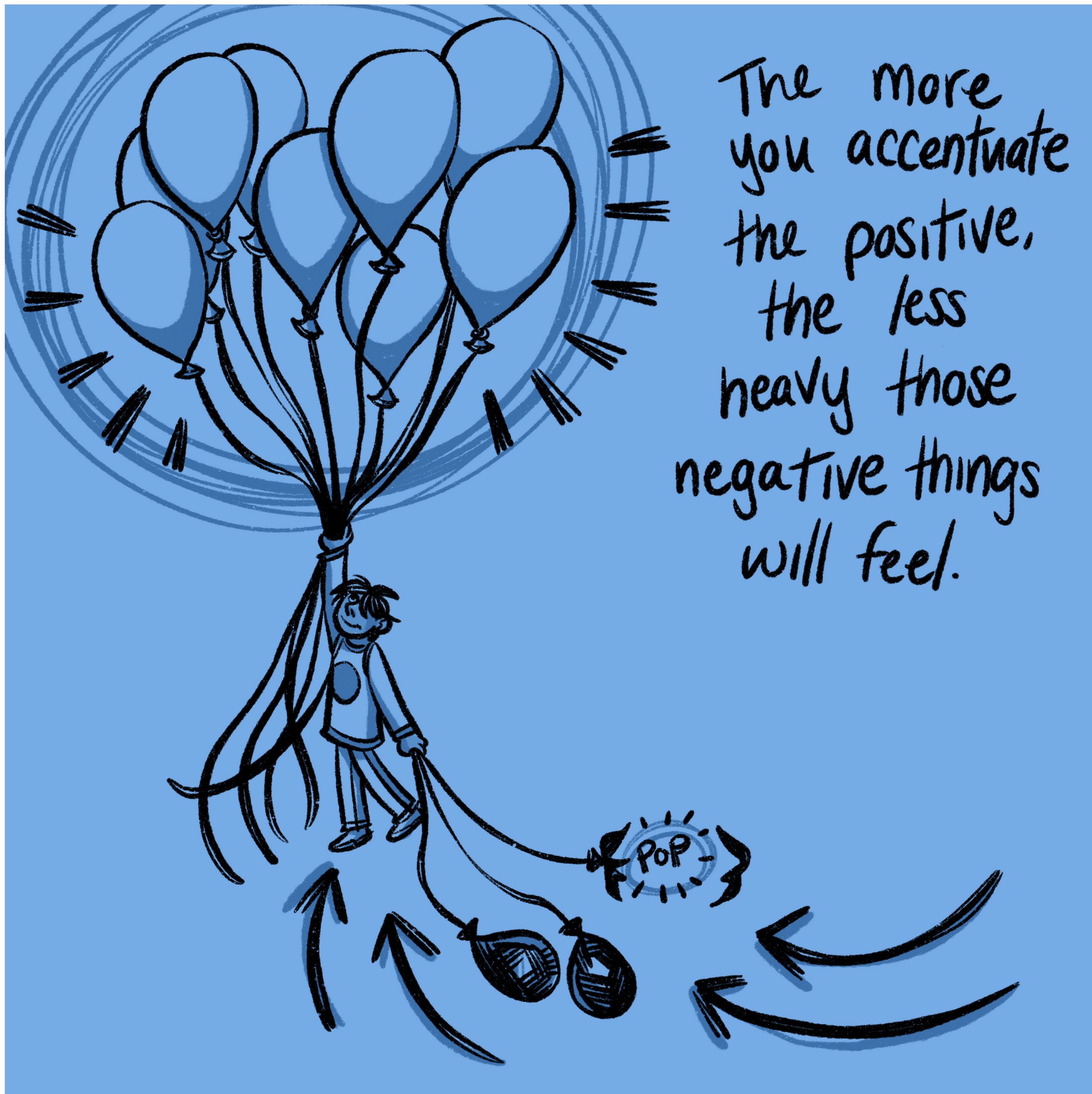
LAUGHING
WITH A
FRIEND

LISTENING
TO YOUR
FAVORITE
MUSIC

WAKING
UP FEELING
WELL-
RESTED

LANDING
A NEW TRICK
ON YOUR
SKATEBOARD

A
BEAUTIFUL
SUNNY
DAY



The more
you accentuate
the positive,
the less
heavy those
negative things
will feel.

It's all about
what you give
the most power.

