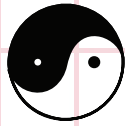


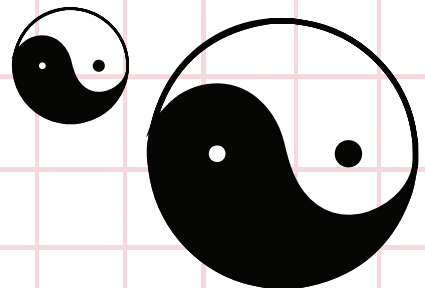
# just be optimistic

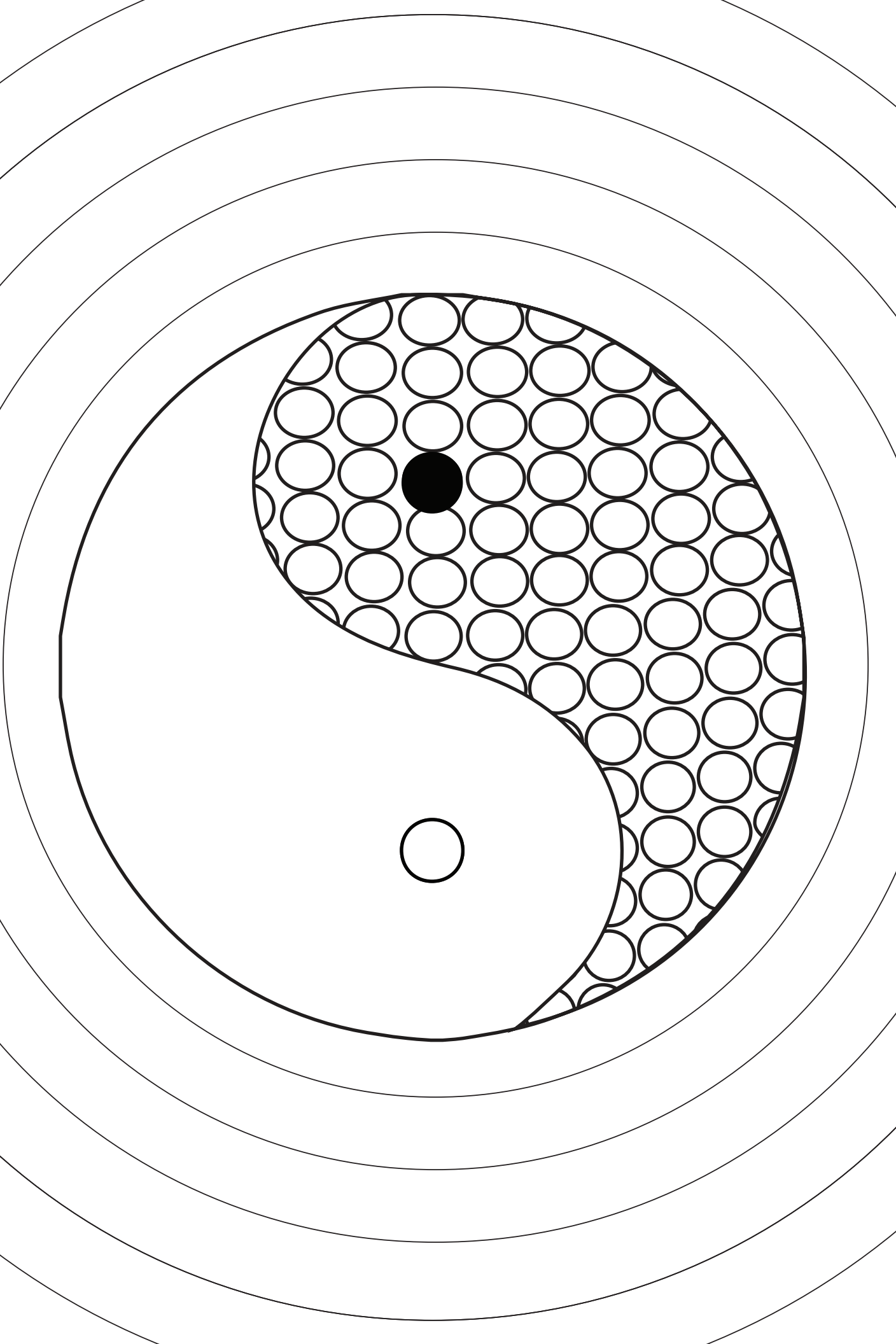


## let's lift ourselves up!

here are some tips to help you feel your best.

1. Start the day off with a good positive affirmation. Nothing better than hearing you are loved and appreciated by yourself first thing in the A.M.
2. Focus on the good things, no matter how small.
3. Try and find humor in bad situations. Nothing like laughing off a disaster to calm the nerves.
4. Learn from your mistakes! The only way you can learn lessons in life is by making mistakes, so don't sweat it!
5. Surround yourself with positive friends! The people you surround yourself with can make all the difference in how you think. Good energy is contagious.
6. Lastly don't forget to count your blessings!







its all good,  
its all good,  
its all good,  
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its all good,  
its all good,  
its all good,  
its all good,  
its all good,  
its all good,



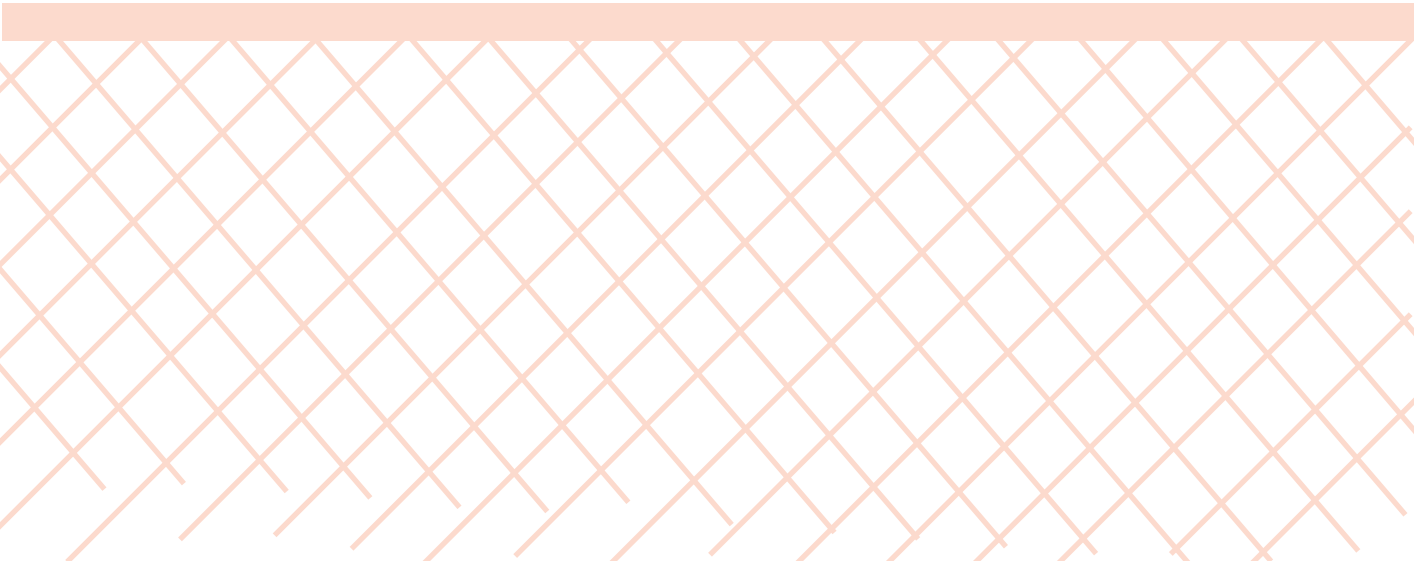


**just get rid of it**

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**lets remove the toxic  
energy from of our lives**

we all have bad habits, people, or energy that we surround ourselves with. time to kick it to the curb!



fill in the **NEGATIVE** space

