

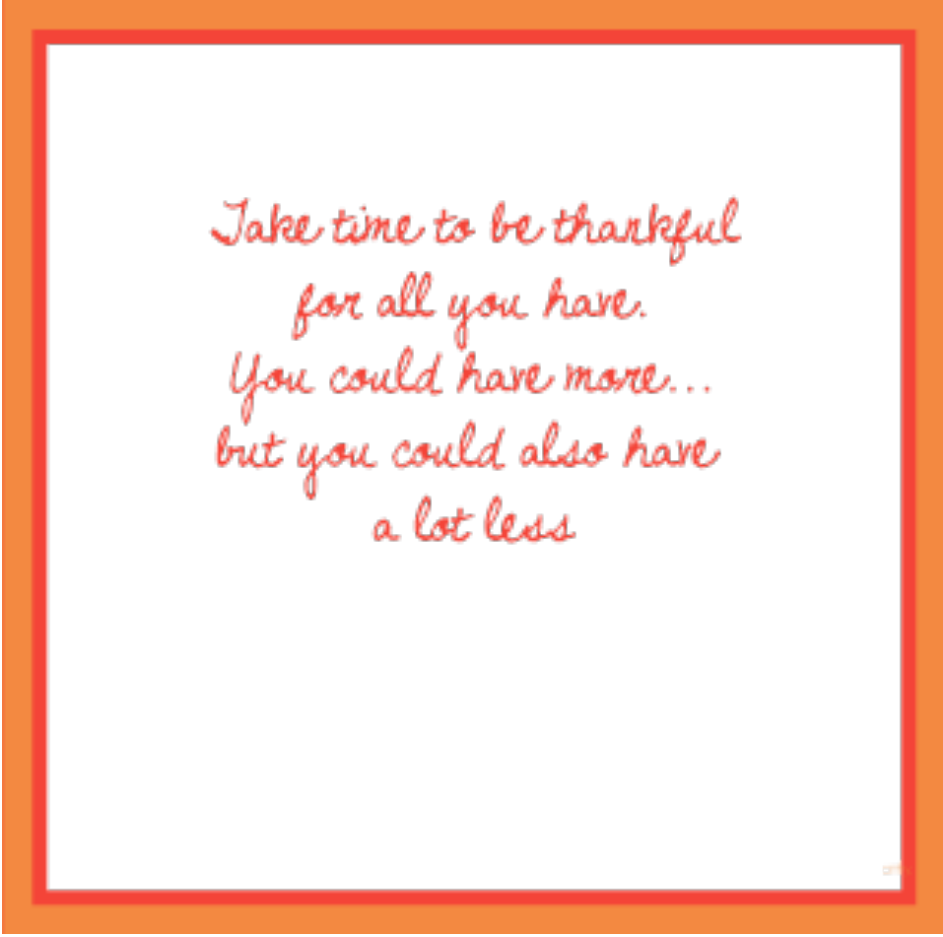
# Day 19

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Hello,

Have you ever been around someone who can't stop looking at the glass half empty? Learn why you are happier and healthier with a positive attitude.

To Your Health,

A handwritten signature in black ink, appearing to read 'Ana', is positioned below the 'To Your Health,' text.

*Take time to be thankful  
for all you have.  
You could have more...  
but you could also have  
a lot less*

# Urban Wellness Bootcamp

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19

## Positive Thinking

## Day 19

# Task

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Do the exercise in “Keeping Track” from this weeks packet. Recognize the things you have to be grateful for and make sure you are around positive people who bring out the best in you.

Day 19

# Negative Thinking

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“Watch your thoughts, they become words.  
Watch your words, they become actions.  
Watch your actions, they become habits.  
Watch your habits, they become your character.  
Watch your character, it becomes your destiny.”  
Lao Tzu

Negative thoughts sneak into our mind and it is hard to turn them off. Instead of stopping the negative thoughts purposefully put yourself into a positive mindset with a variety of different techniques. Some excellent examples include:

1. Keep a gratitude journal. Each day write down 3 things that you are grateful. It magically takes the focus of negative things and reminds us how lucky we really are.
2. Push your shoulders back, stand up or sit up straight and smile as big as you can. This changes your state immediately.
3. Take quiet time to reflect or just let mind release everything until it is just sitting there with you- empty of thought.
4. Surround yourself with people who believe in you and are positive influences.
5. Don't be a victim. Take responsibility for everything you do.
6. Don't let other peoples bad thoughts seep into your head. Let them own it, it is not yours.
7. Do something for someone else. That lifts spirits better than anything.
8. Laugh! Watch a funny movie and laugh until you cry!
9. Turn the music up loud and sing with it...as loud as you can.

Day 19

# Keeping Track

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An exercise in looking at achievement on a daily basis instead of looking at the things you did wrong.

Please list 3 things you did well today that will move you toward your goal.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Please write down 1 thing you will do better tomorrow.

1. \_\_\_\_\_

Do this daily and you will see your focus change. You will be seeing the daily steps you take toward an accumulated improvement. This allows for constant and never ending improvement.