

 Paige  
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# Pivot To Positivity

Live a more  
positive life with  
two simple  
exercises.

# HAPPINESS INFUSIONS

*Creating your own list of Positivity Boosters*

**\*\*\* REMINDER \*\*\***

Benefits of a Positively Primed Brain Include:

- Heightened Awareness
- Increased ability to learn.
- Increased Productivity
- More motivation
- Greater memory capacity
- Increased resiliency.
- More creativity.
- Greater efficiency

*Task: Create a list of activities that bring you joy/love/gratitude.*

**ACTIVITY**

**ACTIVITY**

*Ex: High-kicks & Cartwheels*

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# REFRAME GAME

*Train your brain to focus on the Positives!*

\*\*\* REMINDER \*\*\*

Positive thinking is NOT simply thinking "only positive thoughts".  
Rather, it is about CHOOSING which of our thoughts we pay attention to.  
With the power to CHOOSE comes the power to CHANGE.

*Task: Reframe your negative thoughts into positive thoughts*

NEGATIVE / NON HELPFUL  
THOUGHT

POSITIVE / HELPFUL  
THOUGHT

*Ex: This exercise is stupid.*

*Ex: Choosing to do this exercise will help me take  
back control of my thoughts & how I act.*

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