In Year 4HD, we have been discussing the value and benefit of 'Looking At The Bright Side' of things and situations.

**THINK POSITIVELY and EXERCISE DAILY**
**EAT HEALTHY**
**WORK HARD**
**STAY STRONG**
**BUILD FAITH**
**WORRY LESS**
**READ MORE**
**BE HAPPY**

How to Think And Act Positively

- Control how you think and feel.
- Try and block out negative thoughts.
- Spend more time with people that really make you happy.
- Set yourself realistic goals that you can achieve.
- Don’t forget to have fun. It’s said often for good reason -- people who seek a bit of regular fun in their lives tend to be happier and more positive. Fun breaks up the hard work, anxiety and sad times.

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positive thoughts
generate
positive feelings
and attract
positive life
experiences

JUST DO IT. DON’T WORRY, BE HAPPY!