

ATI2D

Daily tips to help maintain positive attitude

Start the day right

Read positive material | Decide to have a good day | Avoid negative news channels

Pick a positive attitude

Focus on the outcome you want | Think you can do it | Be grateful for what you have

Keep self talk positive

Be aware of what you tell yourself repeatedly | Focus on what you want to happen | Write and repeat affirmations

Learn more at www.barney.me