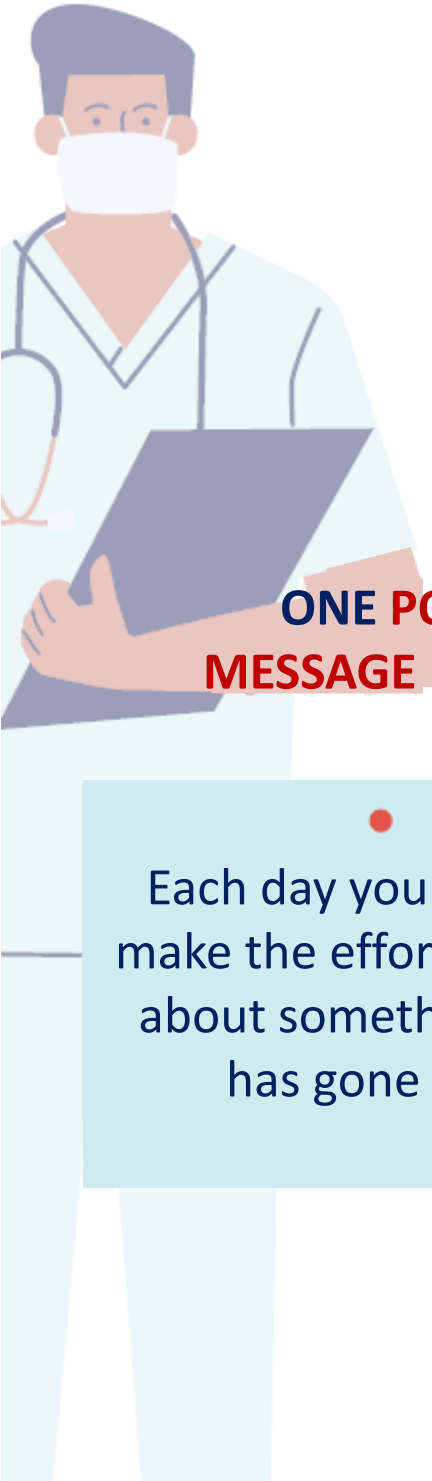


MY DIARY OF POSITIVE NOTES

ONE MINUTE EACH DAY TO BRING OUT **THE POSITIVE**
OF THE PRESENT SITUATION



**ONE POSITIVE
MESSAGE EVERY DAY**

**GET SOMETHING TO
WRITE ON**

It can be a notebook, a sheet of paper, or post-it notes to place on the fridge or the new board in the floor you work

Each day you have to make the effort to think about something that has gone well

**THIS WILL HELP your mind
KEEP FOCUSED ON THE
POSITIVE SIDE**

You will be able to balance all achievements and challenges occurring through the day

TAKING CARE of your **MIND** is **ALSO IMPORTANT**
This crisis will test us physically and emotionally