

LIFE WORKS!



FEELING GREAT

HOW
TO STAY
POSITIVE



by Sloane Hughes

CONTENTS

Feeling Great!	4
Add a Positive	6
Can't to Can	8
Turn It Around	10
What We Control	12
Everyday into Art	14
Solutions	16
Taking Action	18
Grateful	20
Positively Great	22
Glossary	24
Index	24

FEELING GREAT!

We have big smiles and are standing tall.
How are we feeling? Great! Thinking good
thoughts about just one thing can make
everything a little better.

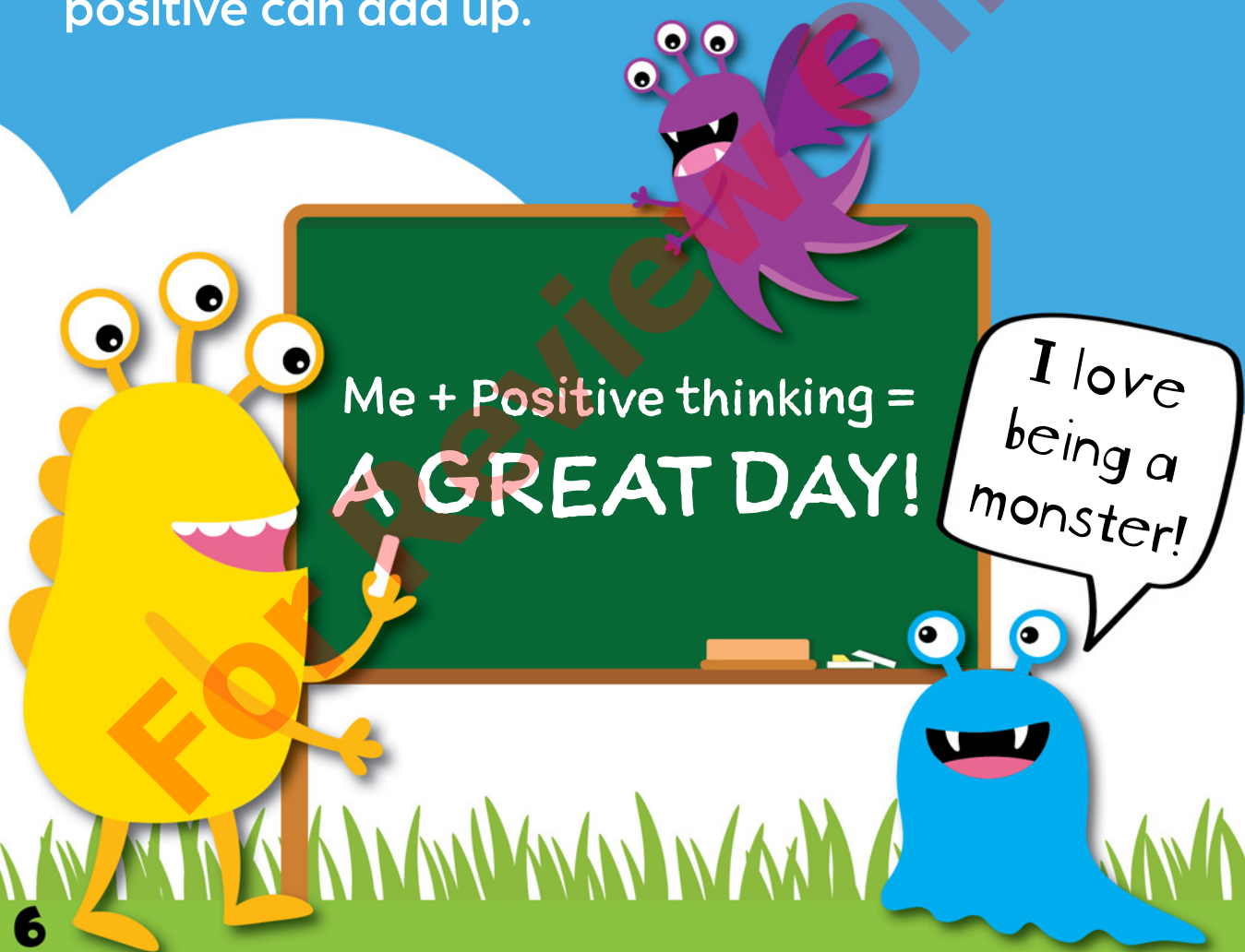


It makes it easier to face **challenges**.
We can be good friends and get more
things done. How are you thinking?



ADD A POSITIVE

When we are **positive**, we think about good things. Being **negative** means **focusing** on the not-so-great. Like in math, being positive can add up.



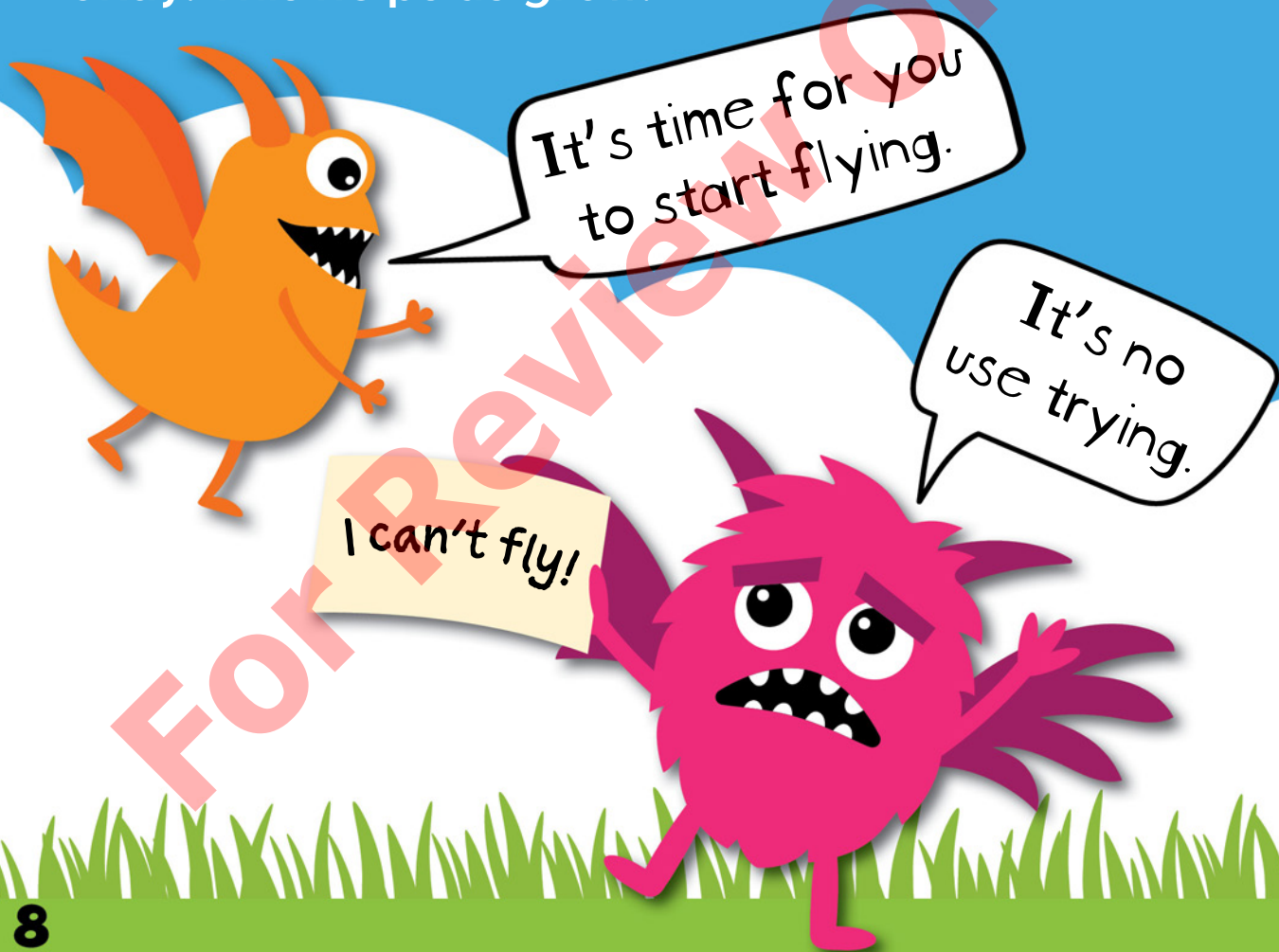
How we think is important. More positive thinking means we feel better.

When's the last time you felt positive about something? Did it add anything to your day?



CAN'T TO CAN

When something happens that is big and hard, it can be tough to think positive thoughts. Everyone faces challenges sometimes. That's okay. This helps us grow.



But when we face these things with negative thoughts, they are much harder. What happens when we turn *can't* into *can*? That's a positive change!

