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Staying Positive in an Often Negative World

Eliminating negativity...

A. Identify an area in your life that brings negativity.

B. Can this source of negativity be removed?

C. If not, what can be done to alleviate the impact this negative source has on you?

Identify three tools you can turn to immediately when you catch negative thoughts creeping in...

01. _____

02. _____

03. _____