



Positivity PACK

52 CARDS WITH AN OPTIMISTIC OUTLOOK

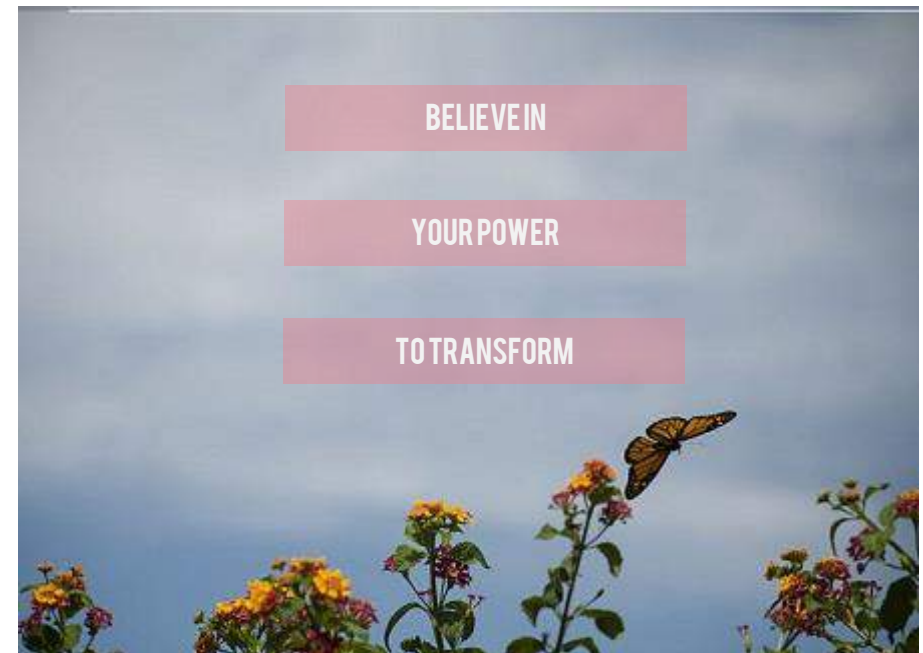
This deck of 52 affirmations is one of the simplest ways you can change your mindset and improve your life. Each design is index card-sized to make them portable yet substantial, like a pack of cue cards for everyday use.

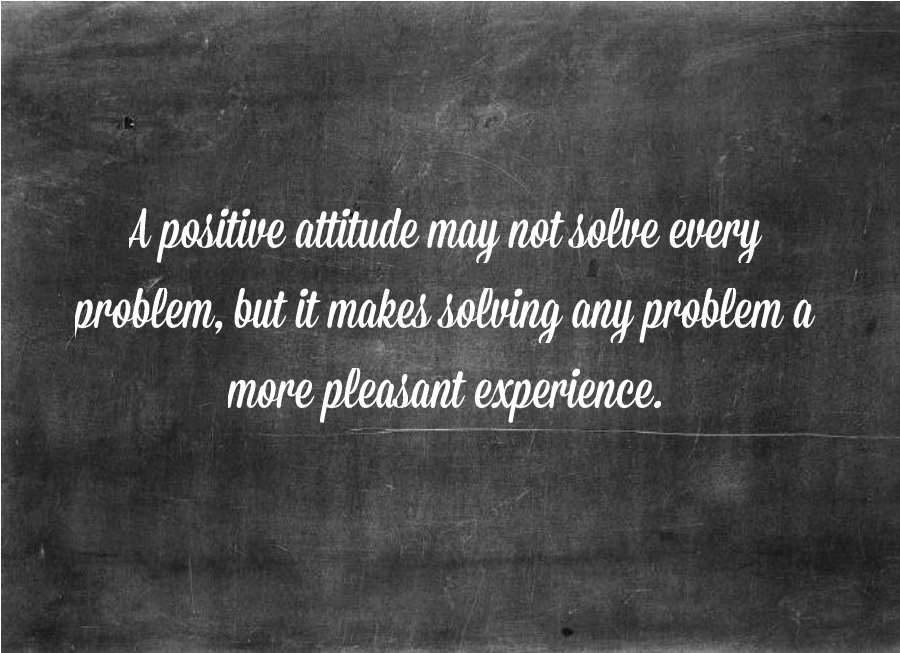
We believe that you are individually capable of creating a culture of optimism, simply by refining your day-to-day thoughts, beliefs and actions to celebrate the bright side of your work, your peers, and your life. We find this philosophy to be at the very core of who we are and seek to find the positive in all aspects of our business.

**Whenever you need a bit of a boost in your day,
TotalWellness' *Positivity Pack* is there to give you direction,
motivation and an extra dose of confidence. These bright,
cheery cards offer words of wisdom and affirmation to help
get you through a bad minute, day or week.**


Here are just a few ways to get the most out of your *Positivity Pack*:

- Print off a set to give to a friend who is going through a hard time.
- Set them on your nightstand; shuffle them up and choose one each morning to start the day off right.
- Give them out individually to coworkers, family members, neighbors or your local barista.
- Post them in places where they'll make the most impact. Leave "today is your day" by your alarm clock, "stay focused" next to your desk or "the world is a beautiful place" by your front door.
- Carry your favorites in your wallet or purse.
- Say them aloud in a mirror. It sounds silly, but it will make you feel empowered!
- Write the affirmation down multiple times; it's a great way to reinforce the belief.
- Use the deck as a source of inspiration to write/create your own!





*A positive attitude may not solve every
problem, but it makes solving any problem a
more pleasant experience.*




The worst enemy
to creativity is
SELF-DOUBT.

SYLVIA PLATH



TODAY IS YOUR DAY.



TOO POSITIVE TO BE DOUBTFUL.
TOO OPTIMISTIC TO BE FEARFUL.
&
TOO DETERMINED TO BE DEFEATED.



BE PRESENT IN ALL THINGS AND
THANKFUL FOR ALL THINGS

--MAYA ANGELOU



JUST
Breathe

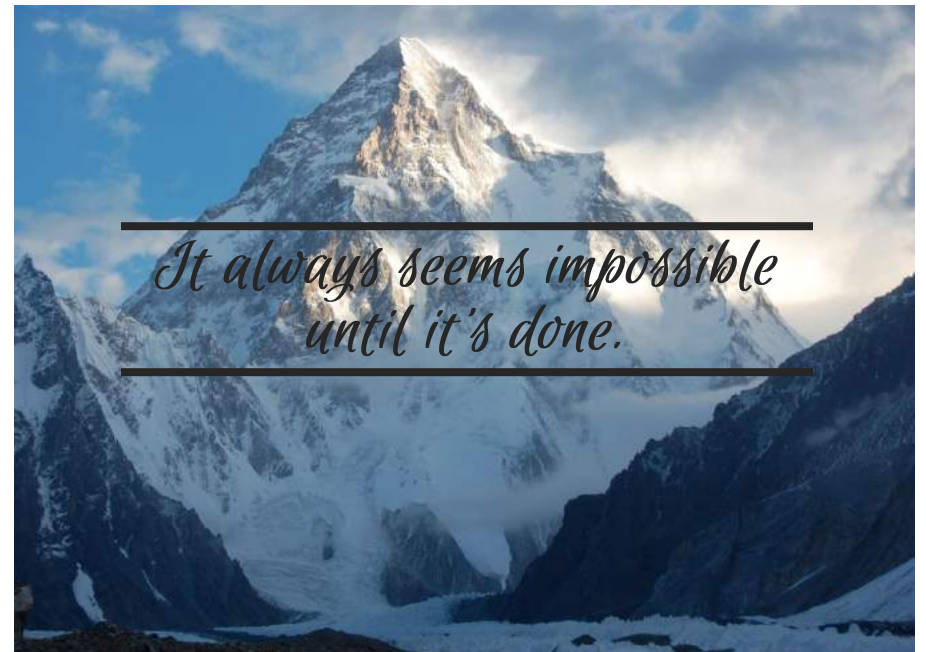


"A SMILE IS A

CURVE THAT SETS

EVERYTHING STRAIGHT."

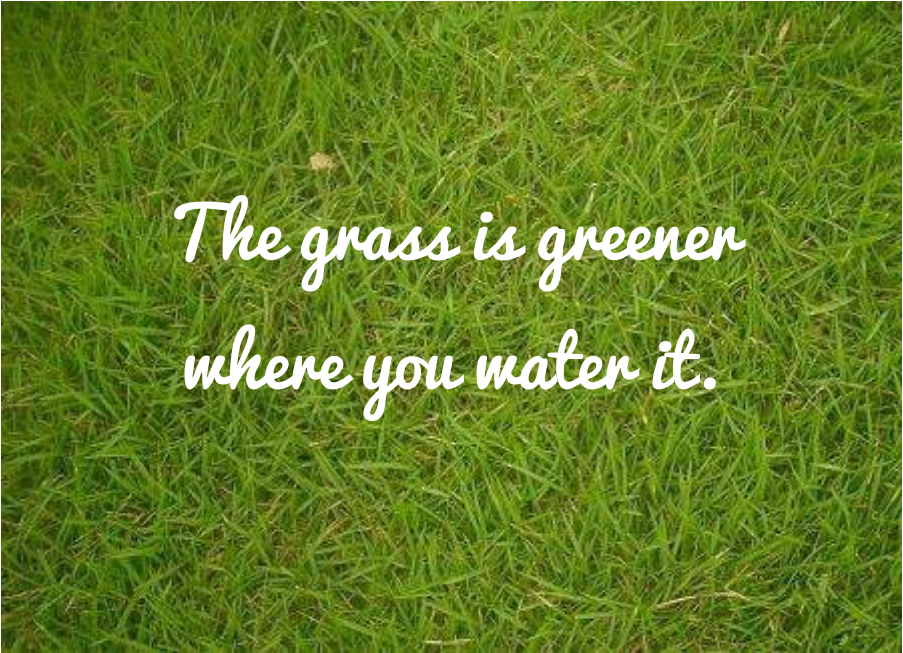
phyllis diller



It always seems impossible
until it's done.



Strive for progress
NOT PERFECTION.



*The grass is greener
where you water it.*



GOOD THINGS
are going to happen.



STAY FOCUSED,

STAY POSITIVE,

& MOVE FORWARD.



LOOK UP!



EVERY DAY MIGHT NOT BE GOOD

BUT THERE IS SOMETHING GOOD

IN EVERY DAY.



*you don't have to go fast...
you just have to*

GO



I SEE
endless opportunities
BEFORE ME



when it's dark
LOOK FOR STARS



“ There is really no such
thing as bad weather, only
different kinds of good
weather. ”

JOHN RUSKIN



today is going to be
AWESOME



I CHOOSE TO BE *happy!*



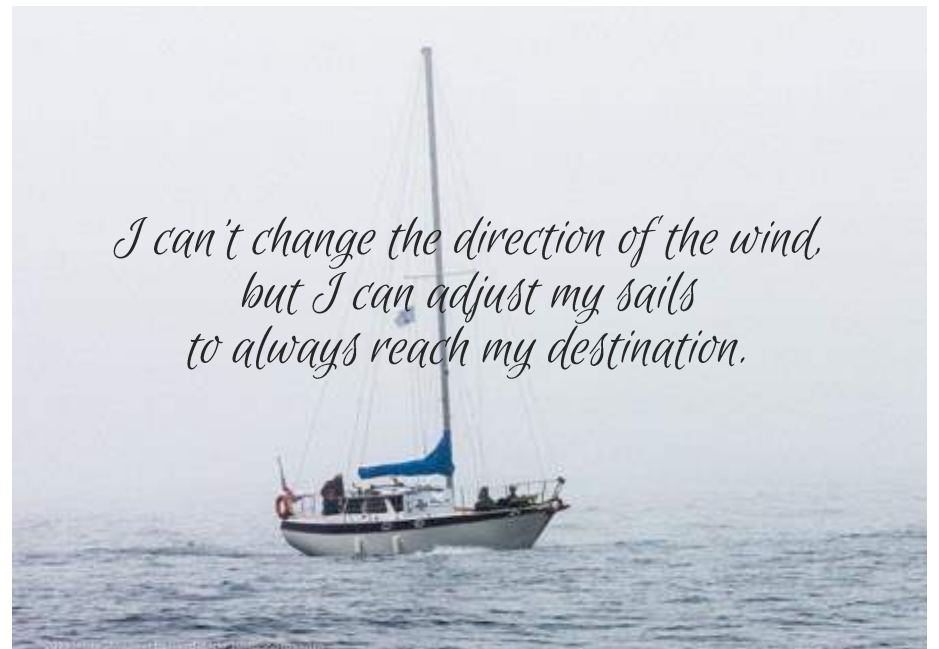
YOUR MIND IS A POWERFUL THING.

WHEN YOU FILL IT WITH POSITIVE THOUGHTS,

THE WORLD STARTS TO CHANGE.



LOOK ON THE
bright side



*I can't change the direction of the wind,
but I can adjust my sails
to always reach my destination.*

A close-up photograph of a Bernese Mountain dog lying down, looking directly at the camera with its mouth open in a happy smile. The dog has the characteristic black, white, and rust-colored fur of the breed.


SMILE!

A deep space photograph featuring a bright, glowing blue nebula or galaxy core against a dark, star-filled background. The blue light is intense and ethereal.

THE UNIVERSE IS IN MY HANDS.

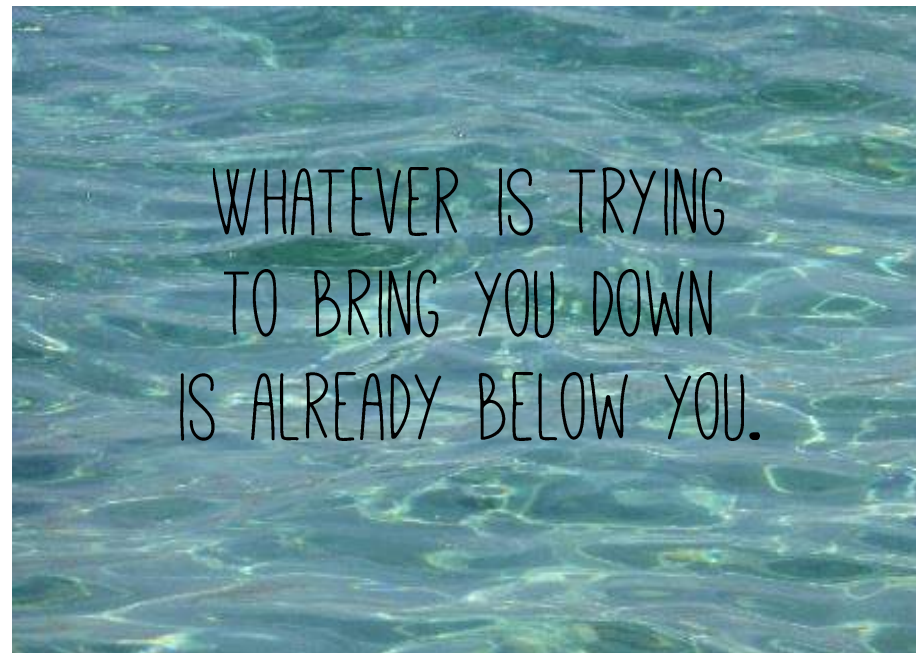
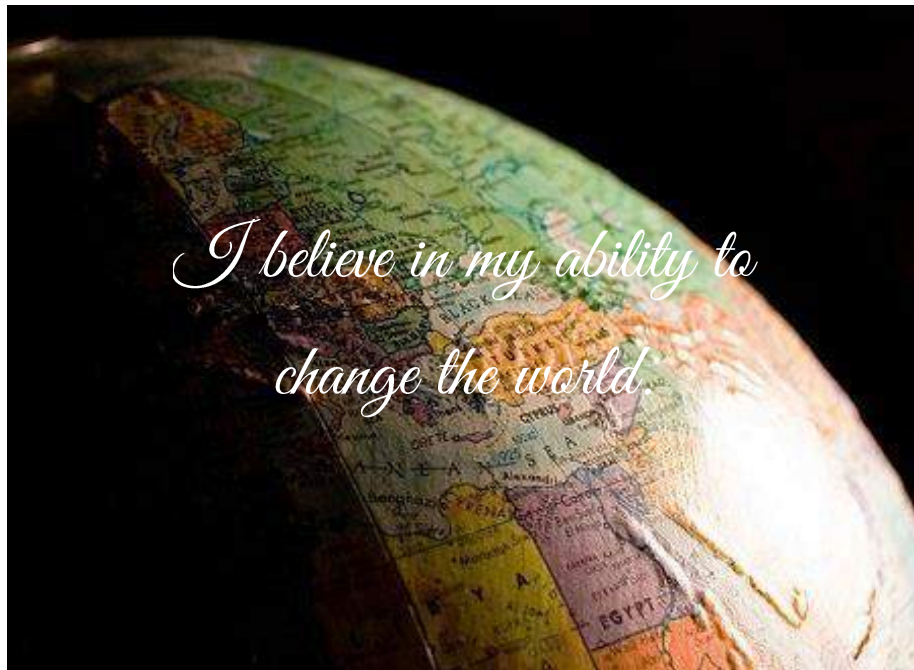
A photograph of a sunset over a body of water. The sun is low on the horizon, creating a bright orange glow that reflects on the water's surface. The sky is filled with soft, golden clouds.

today will be
BEAUTIFUL

A photograph of a train track receding into the distance. To the left, there is a steep, rocky cliff face. A signal light and some trackside equipment are visible on the left side of the tracks. The sky is clear and blue.

*"Happiness is
not a state
to arrive at,
but a manner of
travel."*

MARGARET LEE RUNBECK





"Optimism is the faith
that leads to
achievement."

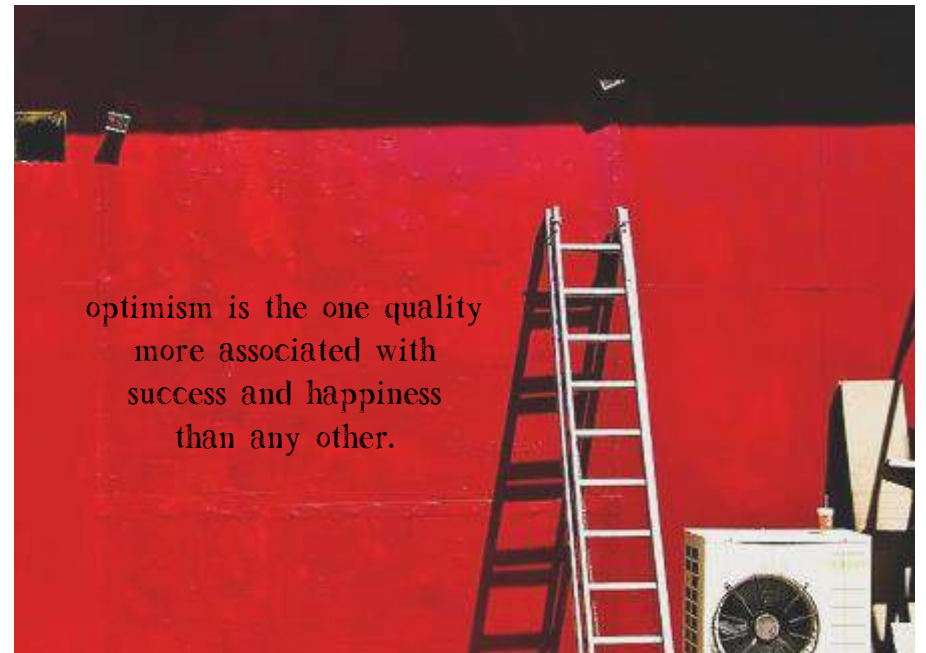
HELEN KELLER



HAPPINESS CAN BE AS SIMPLE AS
a cup of coffee
AND THE RIGHT ATTITUDE

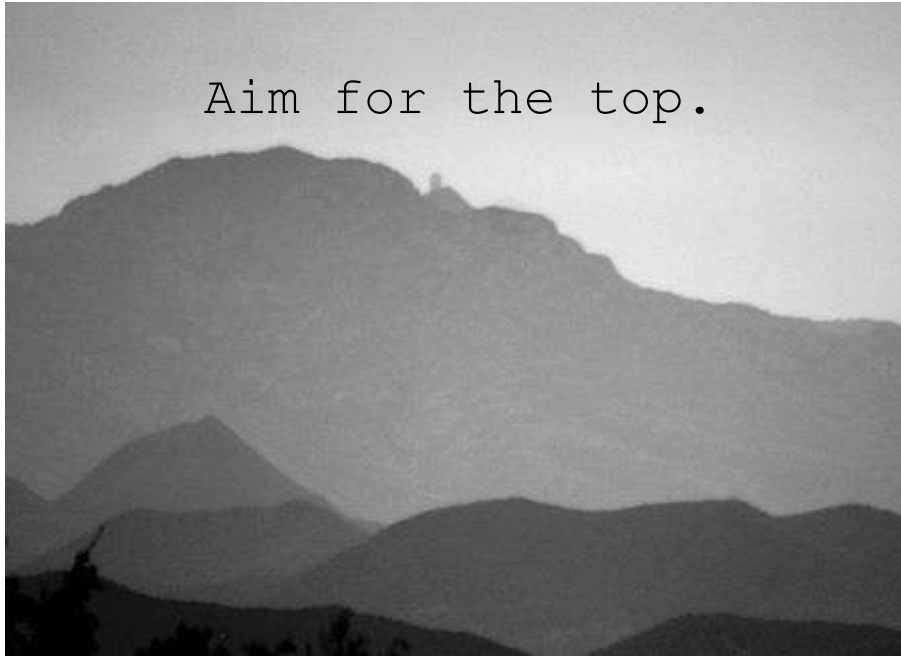


IT'S ALWAYS
SUMMER
SOMEWHERE



optimism is the one quality
more associated with
success and happiness
than any other.

Aim for the top.



The optimist sees the donut.
THE PESSIMIST SEES THE HOLE.



hooray!
IT'S TODAY!



DO WHAT YOU CAN

WITH WHAT YOU HAVE

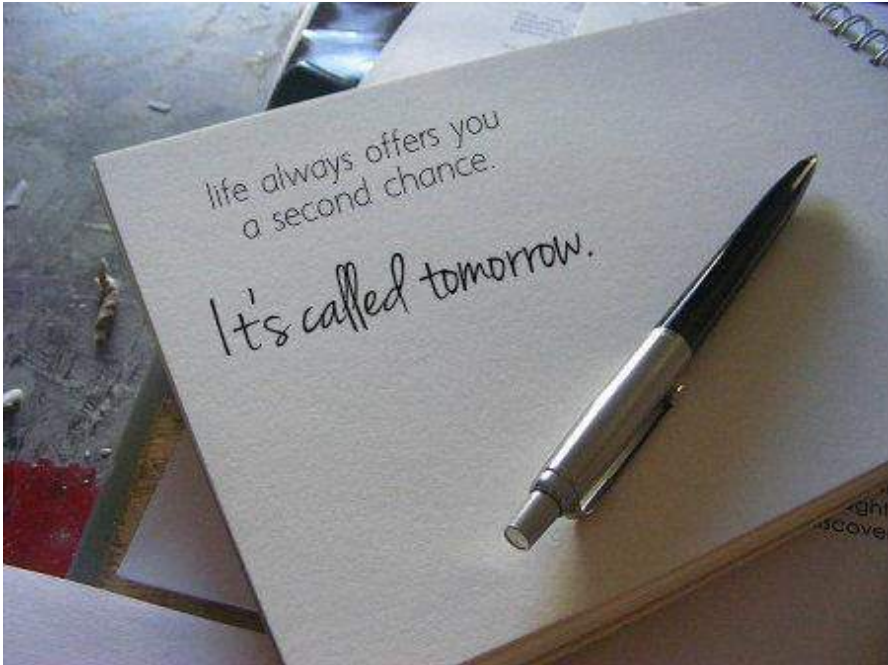
WHERE YOU ARE







*Mistakes are proof
that you were trying.*



life always offers you
a second chance.
It's called tomorrow.



POSITIVE THINKING EVOKES

MORE ENERGY

MORE INITIATIVE

MORE HAPPINESS

THIS BANANA WANTS YOU TO BE HAPPY.

look, it is even smiling at you!



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