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!
OPTIMISM is the foundation of COURAGE.

SOME SEE A WEEED, SOME SEE A WISH.

it is what it is.

BELIEVE IN YOUR POWER TO TRANSFORM.
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

Too positive to be doubtful, too optimistic to be fearful, & too determined to be defeated.

TODAY IS YOUR DAY.
BE PRESENT IN ALL THINGS AND THANKFUL FOR ALL THINGS

— MARY ANGELOU

“A SMILE IS A CURVE THAT SETS EVERYTHING STRAIGHT.”

— PHYLLIS DILLER

JUST BREATHE

It always seems impossible until it’s done.
Strive for progress
NOT PERFECTION.

GOOD THINGS
are going to happen.

The grass is greener
where you water it.

STAY FOCUSED,
STAY POSITIVE,
& MOVE FORWARD.
Go you don't have to go fast...

EVERY DAY MIGHT NOT BE GOOD

BUT THERE IS SOMETHING GOOD

IN EVERY DAY.

Worry less

you just have to

GO
I see endless opportunities before me.

JOHN RUSKIN

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

JOHN RUSKIN

When it's dark, look for stars.

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.
THE UNIVERSE IS IN MY HANDS.

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

MARGARET LEE RUNBECK

SMILE!

today will be BEAUTIFUL
I believe in my ability to change the world.

Whatever is trying to bring you down is already below you.

When it rains, look for rainbows.

Some things take time.
“Optimism is the faith that leads to achievement.”

Helen Keller

It's always summer somewhere.

Happiness can be as simple as a cup of coffee and the right attitude.

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
Surround yourself with positive, successful people.

Everything is going to be ok!

The world is a beautiful place.

Wake up and be happy.
Mistakes are proof that you were trying.

Positive thinking evokes more energy, more initiative, and more happiness.

This banana wants you to be happy. Look, it is even smiling at you!

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