



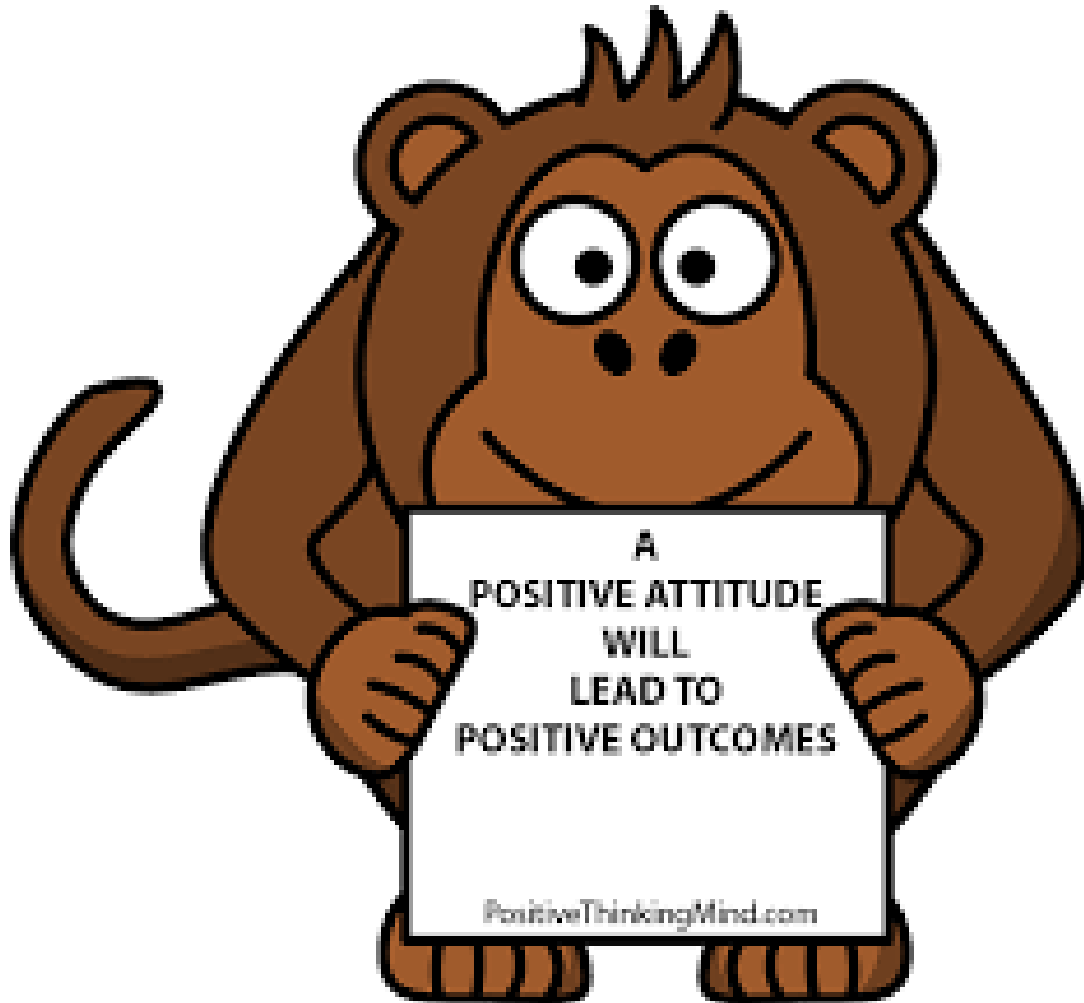
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Empowering Communities...

Positive Spirit



Positive Attitude



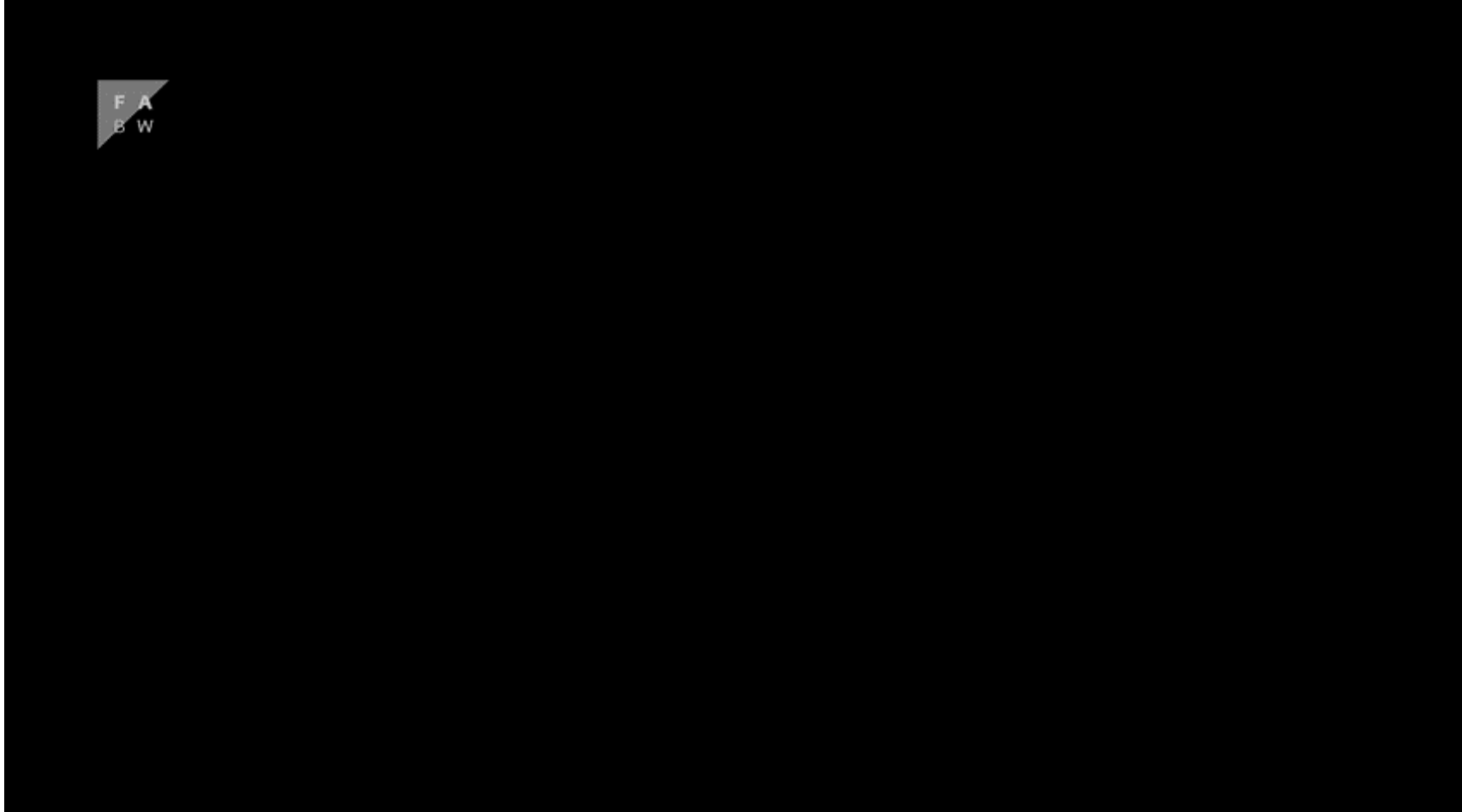
- Belief that everything would turn all right
- A mental attitude that sees the good and the accomplishments in your life, rather than the negative and the failures

Let's watch and reflect



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Key Learnings



- People with a positive outlook, view life, challenges, and the situations they go through, with confidence and are sure they can deal with them
- People with a positive attitude will not let failure or obstacles stand in their way, and will always try to find ways to overcome them



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How to avoid negative thinking

- Try to be aware of your thoughts
- In time of negativities, try to think of something positive, uplifting
- Watch happy and funny movies rather than movies based on disasters and unhappiness
- Think about good things you have in your life rather than the opposite one
- Align your thinking with your actions. When doing something, focus on it.
- Sometimes, during the day, visualize yourself doing something you love doing, like walking or sitting on the beach, visiting a beautiful place, or being in the company of people you love
- Don't fight the thoughts you don't want or don't like. If you fight them, they become stronger. A better approach would be treating them with detachment and lack of interest
- Surround yourself with positive people



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**I never lose...
Either I win or
I learn.**

Spirit Science