

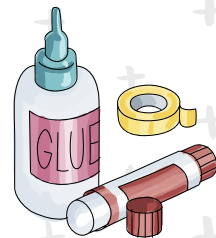
## ACTIVITY

### Brain Training - Get Positive

To help us to train our minds not to play a negative loop in the background of our day we can take time out to make a list of all the positive things in our lives.

Or create a vision board with positive affirmations cutting and pasting pictures and words that inspire positive thinking and mindful living.

You Will Need:



## Affirmation Exercise

Affirmations are like prayers; we say them to ourselves in order to feel positive, change our mental attitudes, and get smarter.

Below are some examples of affirmations that express ideas in self love, gratitude and positive thinking.

Cut out the designs and stick them into your mindfulness diary or use them as inspiration for your own designs.

