

## Day 2 Be Positive

### Quote

Real life isn't always going to be perfect or go our way, but the recurring acknowledgement of what is working in our lives can help us not only to survive but surmount our difficulties. Sarah Ban Breathnach

Gratitude is riches. Complaint is poverty. Doris Day

### Bible Verse

I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds.  
Psalm 9:1

### Inspiration

Be Positive

<http://www.youtube.com/watch?v=Dnmi0x9WiWI>

Do what you're meant to do (blog)

<http://www.positivelypositive.com/2014/02/23/do-what-youre-meant-to-do/>

### Gratitude Link

9 new ways to practice gratitude

<http://www.stratejoy.com/2013/03/9-new-ways-to-practice-gratitude/>

### To think about or journal

Do you struggle with negativity? Do you always think the worst?

What positive affirmations can you use to combat the negative thoughts?

Research shows it takes between 3-6 positive comments to wipe out the effect of one negative comment.

### Action

Stop speaking negatively about yourself and only say positive things. Listen to what you say about yourself and if you wouldn't say those things about someone else to their face then don't say them about you.