



CHAPTER 29

REFER TO PAGE 137 IN ASV

Positive Daily Living

Use these exercises to talk about your attitude. You might discover something new about yourself!

Positive is a choice.

“Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense.”—Ralph Waldo Emerson

- How does this quote help you live each day “in the moment”?
- Are you an optimist?
- Do you find helping others, helps you?
- Did any of your teachers/mentors leave a mark or impact on you that has stuck with you?
- What do you do to remain upbeat and positive?

Are You an Optimist?

- Do you see obstacles as goals and lesson builders?
- Do you see the glass as half full or half empty?
- Do you worry about things that haven’t happened?
- Do you focus on the good or the less good?
- Are you an optimist? Could you be an optimist?