



Positivity Planner
Possibilities R Infinite

List of Affirmations:

1. Positive Thinking is a choice!
2. I am enough!
3. There is no such thing as perfection, only Progress!
4. Practice leads to progress!
5. A dream without action will remain a dream!
6. There are no mistakes, only experiences!
7. There is no such thing as failure, only quitting!
8. If you quit you will never know what is possible or reach your full potential!
9. Celebrate who you are today, while looking forward to who you will become tomorrow!
10. Just breathe!
11. Respect is commanded, not demanded!
12. To teach responsibility, give responsibility
13. If you don't want to raise a bully, don't bully your kids!
14. Kids learn more from what we do, than what we say!
15. Lead by example!
16. Actions speak louder than words!



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List of words of the day:

1. Action	13. Connected
2. Flow	14. Self-care
3. Mission	15. Aware
4. Determined	16. Observant
5. Passionate	17. calm
6. Persistent	18. Consistent
7. Tenacious	19. Responsive
8. Patient	20. Attentive
9. Loving	21. Empathic
10. Kind	22. Focus
11. Present	23. productive
12. Engaged	24. Treat



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Important points to remember re: Positivity

Important points to remember as you work toward improving your emotional well-being, and consistency in approaching situations from a more positive frame of reference.

Having a positive state of mind/emotional well-being is NOT about always being positive. It is okay if some days there are negative thoughts in your planner. The planner is not intended to, nor will it erase all negative thoughts and experiences from your day.

The goal of the planner is to shorten the duration and level of affect the negative experiences have on you. It is a tool to help you reframe your thoughts and emotions around a situation/experience so that you can take action and remain productive towards your daily tasks, goals and dreams.

Remember: Positivity is a choice, but nothing is possible 100% of the time. You must be realistic about your goals and expectation while working to have a more positive mindset.

This planner was designed to help you feel less stressed. If you're less stressed you'll find your home will be calmer, and have much less tension.

Children learn more from how we act then what we say. Utilizing the planner will make you a great role model for your children, spouse, friends etc.

Being able to change a negative thought or situation into a positive one will take time and practice, when done successfully, it will completely change the direction of your day!



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Parenting and prioritizing your emotional well-being will develop as you and the situations you face change.

Nobody stays the same forever. As you and your children evolve/grow so must your parenting strategies. In addition to that, your emotional intelligence (how you react to and handle situations) will also need to grow and evolve.

Using the planner is not only a tool to help you make your emotional well-being a priority which will allow you to stay more productive. The planner will also serve as a method for you to track your evolution in this area. When you are feeling down about your mindset, and/or a situation you are facing, you can look back and see just how far you've come. It will be right there "in front of you; seeing it in black and white will make the self-doubt/disappointment you are experiencing at that moment melt away, because your progress will be undeniable!

One final note: for some people being positive is more innate than others. Anyone of you can learn to and/or enhance your ability to face adversity from a more positive perspective. Remember: that like any skill emotional well-being and a positive mindset is learned. It takes time, persistence, patience, consistency and practice.

Be kind and patient with yourself as you embark on this journey of making your emotional well-being and positivity a priority.