

finally **BECOME** **POSITIVE** **IN 2021**

Day 3 Worksheet

Life is full of personalities. Everyday we encounter different personalities either online, in the world, in our families, or by choice. We do not have control over how other people interact with the world. Some people are naturally POSITIVE and leave you feeling refreshed. Others can have different energy and leave you feeling drained. It leaves us to wonder why are certain people in our lives?

”Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.”

-- Oprah Winfrey --

If 2020 taught us anything, it was that we are all connected. The world felt this especially when we had to intentionally disconnect during different periods of time. People longed for human connection. They missed their friends and their families. Many turned to social media to "fill a void". Quickly, we were able to identify who we continued to engage with and who we did not. People realized how precious their time was and they no longer wanted to be careless.

2020 taught us:

Who you spend your with with matters.

Who you allow in your life matters.

How people leave you feeling matters.

POSITIVE *VIBES* ONLY!

Creating boundaries and safe circles is not a selfish act, it is a necessity. Too many times we get our POSITIVITY sucked out of us because we don't want to "hurt anyone's feelings". There is a distinct difference between being cruel and self-protection. The people in your life have a direct impact on you and your POSITIVITY.

Who you surround yourself with matters.

Every person you know has a unique personality. Some people are just naturally POSITIVE. Other people might not have a "positive personality" but you still feel POSITIVE after you encounter them.

Think about the different personalities in your life, both online and in real life. Think about the people you know who are POSITIVE. Now think about the people who leave you feeling POSITIVE about yourself. Both types of people are important to you maintaining POSITIVITY!

Let's take a POSITIVE inventory of who in your life (virtual and in real life) is POSITIVE.

POSITIVE PEOPLE IN MY LIFE:

[illegible]

If you haven't reached out and told these amazing people that you appreciate the POSITIVITY they bring to your life, make a commitment to do that this week. Let people know they are a POSITIVE light in this world!