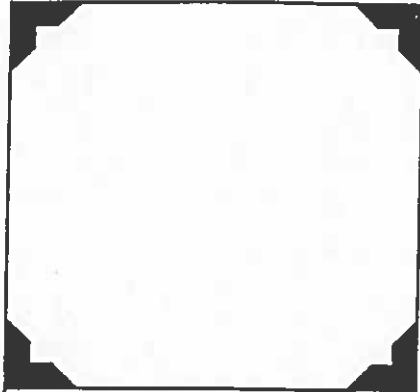


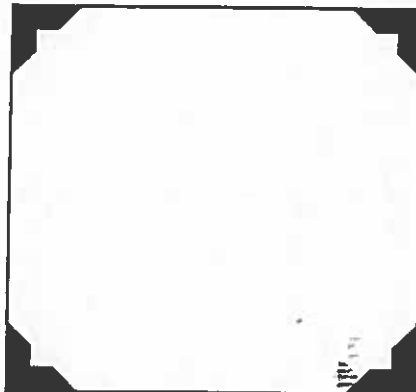
POSITIVE

FOCUS

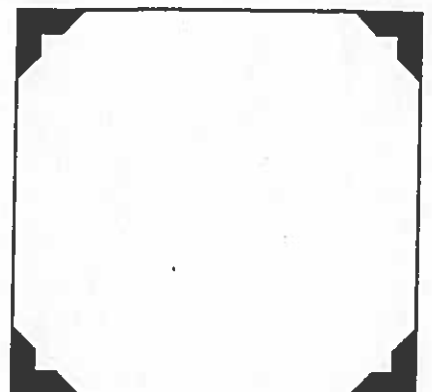
Picture these images to
help you focus on a
POSITIVE MENTAL ATTITUDE!



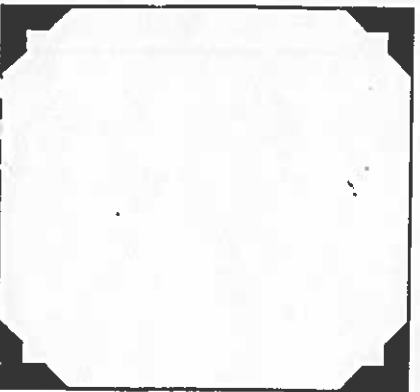
Picture a time or situation when
you felt proud of yourself.



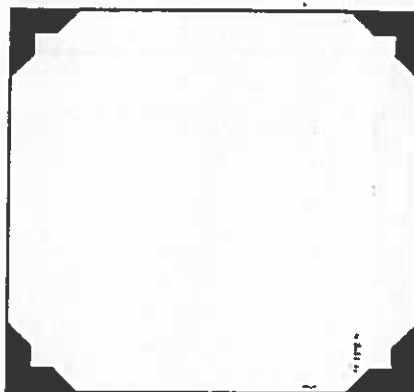
Picture one positive
thing you do well.



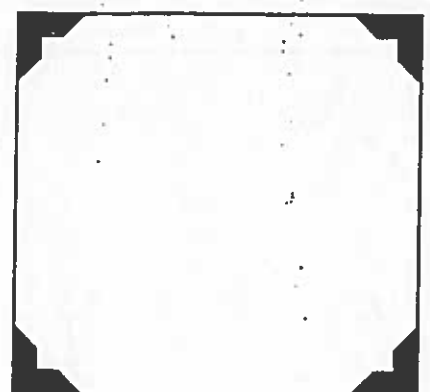
Picture one of your roles
or responsibilities in which
you feel positive.



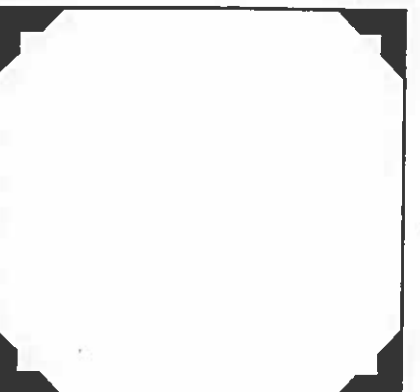
Picture one positive way you stay
healthy or take care of your body.



Picture one positive characteristic
you like best about yourself.



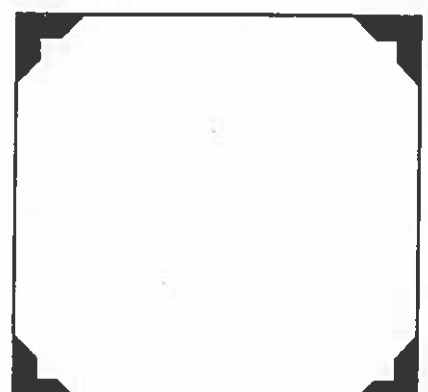
Picture one positive way you
communicate or relate to others.



Picture one positive way
you stay young at heart.



Picture one positive way
you cope with stress.



Picture one way you can help
yourself stay positive.