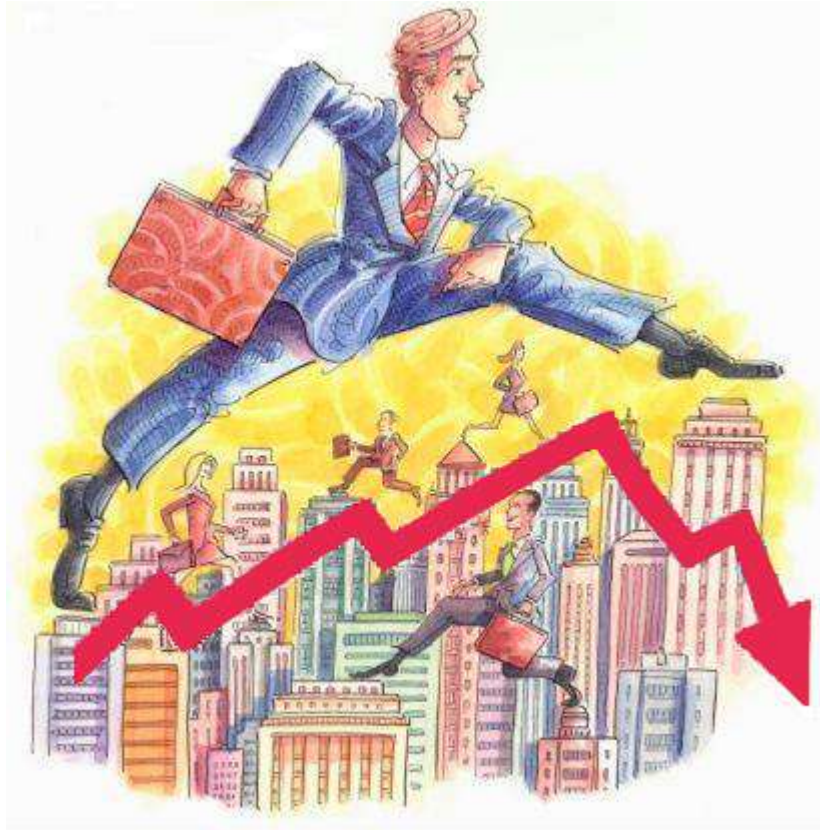


# How to Keep **UP** in a



# **DOWN** **Economy**

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# ATTITUDE

Keep Your Face To The Sunshine And  
You Cannot See The Shadows.

~ Helen Keller ~



# What Makes Life 100%

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**If**

A B C D E F G H I J K L M N O P Q R S T  
U V W X Y Z

**is equal to**

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20  
21 22 23 24 25 26

**H + A + R + D + W + O + R + K**

**8 + 1 + 18 + 4 + 23 + 15 + 18 + 11 = 98%**

**K + N + O + W + L + E + D + G + E**

**11 + 14 + 15 + 23 + 12 + 5 + 4 + 7 + 5 = 96%**

**A + T + T + I + T + U + D + E**

**1 + 20 + 20 + 1 + 20 + 21 + 4 + 5 = 100%**



# Video

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# Who Knew?

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- A “smile” could be so validating
- Optimism starts from “within”
- Relationships are so important
- Self-fulfilling prophecy is alive and well
- The meaning of an event is the interpretation you give it
- The future is up to us!



# Change Your Perception

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- Focus on what you can control
- Make a list of things you are grateful for
- Imagine what you want and keep thinking about it and make it positive



# Homework

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- Create two lists
  - Things that keep you up at night
  - Reasons you get up in the morning
- Pick a day to be inspirational
  - Put blinders on to negativity for one day
  - Lift others

**You've been**



