



POWER OF POSITIVE THINKING

THE PURSUIT OF WELLNESS



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If you think positively you will -

- A. Be better at sports
- B. Die younger
- C. Live longer
- D. Eat healthy

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Thinking positively will lower rates of stress and _____.

Answer: Depression

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If you think positively you will -

- A. Have better circulation
- B. Have lower blood pressure
- C. Have stronger bones
- D. Have clearer skin

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True or false? Meditation will help with positive thinking.

Answer: True

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Two of the simplest things to do to change your thoughts right now are:

- A. Do Jumping Jacks
- B. Sing
- C. Eat
- D. Smile

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Which of the following will help you be more positive?

- A. Remember things could be worse
- B. Practice self-hypnosis
- C. Forgive yourself
- D. Believe you will succeed
- E. All of the above

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A positive affirmation means:

- A. Just being positive
- B. A positive thought
- C. A positive pregnancy test
- D. A positive temperature

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True or false? You should try to laugh at negative situations.

Answer: False

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Staying present will:

- A. Lower stress
- B. Lower depression
- C. Help positivity
- D. All of the above

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True or false? Positive thinking is easy.

Answer: False

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“You cannot have a positive life and a negative mind.”
- Joyce Meyer

“A man is but the product of his thoughts; what he thinks, he becomes.”
- Mahatma Gandhi