



15 simple ways to live a more positive life!



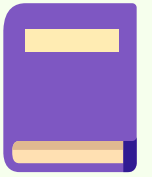
1

Surround yourself with positive people



2

Hold tight to your faith



3. Have a hobby

4

Spend more time with family



5

Focus on what makes you happy

6. Read motivational books



7

Yell less

8

Don't compare yourself to others

9. Have more patience



10

Laugh more



11

Listen to podcasts



12. Give back

13

Help others

14

Don't let the sad news that you hear and read about consume you

15. Take some things with a grain of salt

