

make an effort to  
**speak up** in group  
discussions

allow yourself to just **be**



put on a good tune and **get moving**

EMBRACE **CHANGE**, ROLL WITH IT. IT'S THE  
ONLY CERTAINTY IN LIFE. **TRUST** YOUR  
INTUITION. ALWAYS **EXPECT** THE BEST. EXPRESS  
**GRATITUDE**. ACT AS IF. **SMILE :)**

**DO IT  
NOW**

surround yourself  
with positive people  
**TAKE AT  
LEAST ONE STEP  
TOWARDS YOUR GOALS  
EVERY DAY**

**FAKE IT**

until  
you

**MAKE IT**

do something nice for someone else

**spend time  
with family  
and friends**

**DECLUTTER YOUR LIFE  
AND YOUR WORKSPACE**

stand up **TALL**

**CELEBRATE EVERY SUCCESS**  
*(even the little ones)*