

♥ Joyful Ideas ♥ ♥ Accentuate the Positive ♥

- ♥ See the good in someone, and point it out! ♥ ♥ Write thank you notes ♥
- ♥ Pick up litter, even if you didn't drop it ♥ ♥ Give an unexpected gift of your time ♥
- ♥ Help to make your lunch ♥ ♥ Treat others with respect ♥ ♥ Play with someone new ♥
- ♥ Think before you speak ♥ ♥ Share a poem, saying or story with a friend ♥
- ♥ Smile at everyone you see ♥ ♥ Choose to be assertive not aggressive ♥
- ♥ Share your joy ♥ ♥ Be thankful for what you have ♥ ♥ Speak kind words ♥
- ♥ Eat lunch with someone new ♥ ♥ Say you're sorry, when you are sorry ♥
- ♥ Compliment with true sincerity, someone for a job well done ♥ ♥ Say thank you ♥
- ♥ Offer your point of view without trying to change someone else's mind ♥
- ♥ Listen to someone ♥ ♥ Ask, "How can I help?" ♥ ♥ Keep your word ♥
- ♥ Say hello to someone you would normally ignore ♥
- ♥ Do a task or chore that you wouldn't normally do ♥ ♥ Give the gift of listening ♥
- ♥ Help someone carry their groceries ♥ ♥ Tell the truth ♥ ♥ Sing a joyful song ♥
- ♥ Hold the door for a stranger ♥ ♥ Ask for help when you need it ♥ ♥ Care for a pet ♥
- ♥ Notice what is right about a given situation and comment on it ♥ ♥ Add your own ideas ♥



♥ Why? Because we want **our world** to be a better place ♥

♥ Val Hilliker Comedy Ventriloquist ♥

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