

# POSITIVELY POWERFUL

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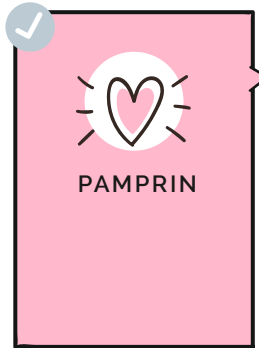
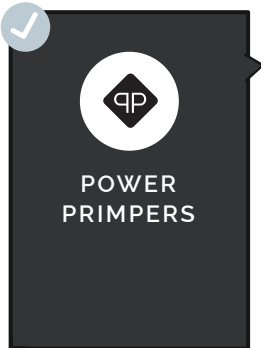


PRIMP and PAMPRIN are promoting well-being through the power of positive thinking.

As a POWER PRIMPER, we invite you to **21-DAYS OF POSITIVITY**.

Repeat the 7-day cycle on the back of this card 3 times. Habits form after 3-weeks of consistent and intentional effort. We'll all be **AMAZED** by what we can accomplish when we approach our next 21 days with unwavering optimism.

*#BePositivePamprin*





## 21 DAYS MAKES POSITIVITY A HABIT



### DAY 1

**Start today w/ 3 positive self-affirmations.** Attach your list to your mirror. Read them aloud every day. Add to the list every day.



### DAY 2

**Find positive company.** Who are the stars in your social circle? Who builds you up? Stick with the stars and become one.



### DAY 3

**Make a list of things for which you're grateful.** An attitude of gratitude is a sure fire way to attract positive vibes.



### DAY 4

**Give yourself and others an "atta girl (boy)."** When you give encouraging words, you also receive them.



### DAY 5

**Seek, and you will find.** We are responsible for choosing our perception. Look for the good, and you're 100% guaranteed to find it.



### DAY 6

**Find what brings you joy and order it up every single day.** Unlike fleeting pleasure, joy is consistent. We cultivate it internally.



### DAY 7

**Stop to smell the roses. Give one away.** Be present minded enough to give and receive life's simple gifts.



### DAY 8

**Hit "replay" and make it a habit.** Positive thinking begets positive action. Positive action (over and over) creates positively powerful results.