

The Positive Gossip Revolution

Life & Happiness Principles

- ✓ I will adopt these principles as often as I can so that they become natural to me and use them to improve my life and the lives of others.
- ✓ I will make an effort by focusing on what's going well in my life.
- ✓ I will make an effort by having more positive conversations with family friends colleagues and neighbours and by focusing on the best traits in the people around me.
- ✓ I will make an effort by increasing the amount of compliments I give daily.
- ✓ I will make an effort by noticing more beauty in the world around me.
- ✓ I will make an effort by taking time every week to put my needs first by doing the things I enjoy.
- ✓ I will make an effort to praise and uplifting children by noticing more of the good things they do and praising them at every opportunity whether they are my children or not.
- ✓ I will make an effort to think before I speak.

T.H.I.N.K

- T = Is It TRUE
- H = Is it HELPFUL
- I = Is it INSPIRING
- N = Is it NECESSARY
- K = Is it KIND

Signed by



Thank you for signing up and for standing up to be counted. We can all do a little bit to help make our society, our community a nurturing place to live and grow.

The principles you have signed up to adopt will make you feel better about yourself as well as up-lifting others, it's my hope that this movement will have a ripple effect on our country and we will be good role models, we will teach our children to have a positive mindset by default. These principles can help us all to achieve this vision.

Think about the conversations you have every day, talk more about the positives things in your life, what is going right for you. Notice the good traits in the people around you and focus on their positive side more often. Remember to T.H.I.N.K. before you speak.

Increase the amount of compliments we give everyday as well as smiling or a nod to a stranger. It will make you feel good, it will make them feel good its a win win situation.

Notice the world around you, bring yourself into a NOW moment, see the beauty in nature, take time to savour your food, smell a flower, listen to bird song or children's laughter. Marvel at how incredible the world around you really is. It can bring you a sense of peace and calm and its a time of just being ourselves which can get lost in the hectic lives we lead.

Spend some time every week meeting YOUR needs, do something that you enjoy that makes you happy, when you are happy and contented even for a while you are a better person for those around you. You can't give your best if you are depleted.

Give Praise Praise Praise and more praise to the children around you, lift them up, support and nurture their talents, allow them to be who they are. Lets teach them to be kind, to value and believe in themselves so that they can be resilient and confident in life. After all its this generation, its the nurturing of our children in our communities that will ultimately put the UNITED feeling back into our Kingdom once more.

I thank you from the bottom of my heart for joining me, for standing with me on this gentle crusade of change, By adopting the principles, by being a willing participant in this important endeavour you will also be playing a part in changing our nation for the better, you will play your own personal part in changing your corner of the world and also a part in our history.

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