

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# BE POSITIVE!

Q B E S Q U A R E B R E A T H I N G G D E W Z V  
U H C K Q B R W C N Q B U A N G U E R N K C Z N  
P E I L A F O J T E F F O R T R B R A I N Q C F  
Y W A Q M N J Q X S C Z N N L O R P O S I T V E  
A N C G V E A V K O L O R W D W N F I N N U W O  
Z C I U S T R E S S E D M O G T N A R F P M U T  
Y S Z A D K W U C H F Q C N V H Y U B S C S U V  
B R A I N F O O D H P I C D M M T H I N K B I G  
J Q Q I W S P O S I T I V E M I N D S E T W Z J  
S Z C A G D B I M E G D W R Y N P Y T W O I W J  
M I N Y C O W Z Q K D A Y W S D V H J Z O D O V  
L K J G F E E D B A C K L O N S I Y F Y A E N B  
Q O P D G Y B R U K Y O B M I E I C S Y C U D X  
F R K V W M M S Z L N O J A G T C L V I T Y E I  
X G N C Y K A V T G H D V N R O U T I N E A R B  
E A J V H S S R T X E J O W O G K R T D X K W N  
O N X G J V N I I B T A D E A H P N E M Y L O Q  
T I V H Q C H A L L E N G E D F B J G A X J M N  
X Z J B X Z Z K T B C C C K J Y M M P V X Q A A  
T E D W U N O E O I B W K L P P R F H I E V N T  
Z D D P U K G Z K C T B O Y N F B P K C G Z F P  
Z S E T B A C K S N Q S U C C E S S F U L F I U  
M E M O R Y T E C H N I Q U E S W I F O D R Z Z  
L M L U E I G H T H O U R S O F S L E E P Z Q Y

eight hours of sleep  
square breathing  
wonder woman  
think big  
stressed  
routine  
brain

wonder woman weekly  
positive mindset  
brain food  
organized  
feedback  
positve

memory techniques  
growth mindset  
successful  
challenge  
setbacks  
effort