

Managing Life's Unexpected Events & Making the Best out of Them

A GUIDE TO TURN A NEGATIVE INTO A POSITIVE



STAGES OF GRIEF

IDENTIFY WHERE YOU ARE IN ORDER TO MOVE FORWARD

- Shock
- Denial
- Anger
- Bargaining
- Depression
- Reconstruction
- Acceptance

*Remember: these stages are not only normal,
but necessary*

POSITIVE MINDSET

THE VOICE INSIDE YOUR HEAD

- Conscious Discipline
- Shift from negative to positive thoughts
- Everything you tell yourself becomes true!
- Dream big! BIGGER!

PLANNING FOR SUCCESS

NOW IT'S TIME TO GET TO WORK

- Get a planner
- Hold yourself accountable
- Cross off tasks
- Feel like a winner!



FOR MORE TIPS & INPIRATION
FOLLOW ME

@yaradoeshair

