

## POSITIVITY HELPER

ADD A LITTLE SPARKLE TO YOUR DAY!

### ☼ TAKE A WALK IN NATURE

Pay attention to things you normally wouldn't. *"There is beauty in most everything, you just have to change the lens you are looking through"*

### ☼ TAKE TIME FOR YOU IN SILENCE, QUIET YOUR MIND

Meditate, take time to just be and allow new thoughts to come to you. *"It is in the peaceful space that creativity and inspiration flourishes"*

### ☼ LISTEN TO ALL TYPES OF MUSIC

Experiment with different types of music and notice how it can change your mood! *"Music not only speaks to our soul. It enriches and calms it."*

### ☼ SPEND TIME WITH POSITIVE, FUN & PROGRESSIVE PEOPLE

Make time to have fun, learn and connect with people who are moving forward on their dreams as you are.

*"Choose to Focus as often as You can, on the things You want. Take actions aligned with your desired outcomes"*

[www.micheleholung.com](http://www.micheleholung.com)



NICE THOUGHTS – LIKE BRIGHT LIGHTS

## Positive, Are You?

Everything is Energy and Vibration! Thoughts and words have an energy and a vibration.

The positive thoughts are the ones with high vibrations, that light us up to shine beautifully,

Use this Positivity Sparkle Helper brochure to bring more awareness of things that impact your positivity and your Light and Sparkle that comes from within!

Choose Today to entertain more Positive thoughts each minute of your day.

*Remember,  
"Happy Comes from  
Within!"*

Michele is Author Of Sparkle and Shine \_ Get Your Brilliance Out (At Home and Work)  
Digital Copy is Available on Amazon.

## Improve Your Positivity Quotient

WHAT PERCENTAGE OF YOUR DAY ARE YOU TRULY POSITIVE?

HOW POSITIVE ARE YOU?



*Michele's Sparkle Tips and Sharings Specially For You:*

*"Have a compelling vision of what you wish to achieve, to do, to be!"*

*Take actions aligned with that vision and you, hold the Vision and you Will Achieve It!*

## Michele Ho Lung

AUTHOR | MENTOR | FOUNDER-SPARKLE-CHI™ | TRANSFORMATION COACH |

EMAIL: [SUPPORT@MICHELEHOLUNG.COM](mailto:SUPPORT@MICHELEHOLUNG.COM)  
TEXT: 587-802-2118

ALL RIGHTS RESERVED © 2024 MHLCONSULT INC.

## BELIEFS TO REPLACE

WITH MORE EMPOWERING ONES

---

### ☼ YOU HAVE TO WORK HARD TO MAKE MONEY

Find a way to work smarter and at something you love to do

### ☼ LIFE IS TOO SHORT

It might be, but at the same time, it's what you make of it so live each day like it is your last!

### ☼ YOU CAN'T BUY HEALTH

But in today's world especially, miracles do happen as everything is energy and vibration and positive focus is powerful.

### ☼ MONEY DOESN'T GROW ON TREES

Says who? On a more serious note, paper is made from trees so it does, and Bit Coin IS VIRTUAL, SO THAT IS TRUE!

### ☼ I'M NOT GOOD ENOUGH

I BELIEVE EVERYONE HAS A GIFT. You just have to find out what it is and get to work

### ☼ I CAN'T ....

You can do anything you put your heart to. Where there is a will, there is a way!

---

*THE LAW OF ATTRACTION IS SOMEWHAT ACCURATELY STATED BY THE SAYING "WHAT GOES AROUND, COMES AROUND" MICHELE HO LUNG.*

## THINGS TO AVOID

TO MAINTAIN YOUR ENERGY

---

### ☼ DOING SOMETHING AND TALKING TO YOURSELF NEGATIVELY THE WHOLE TIME ABOUT IT.

Find something positive about what you are doing to focus on while you're doing it.

### ☼ CLUTTERED SPACES

Clean up and "lighten up" your life!

### ☼ SICKNESS

Keep fit, eat healthy and keep your energy high to avoid getting sick!

### ☼ CARING FOR OTHERS WHO ARE UNAPPRECIATIVE

Look at the bright side as you put yourself in the shoes of the person you are caring for.

### ☼ NEGATIVE, DISRESPECTFUL OR RUDE PEOPLE

You can't control other people but you can control how you feel and not let your spirits be pulled down by them.

### ☼ STRESSFUL WORK ENVIRONMENT

Do the best you can always and stay positive

---

*YOU CAN'T CONTROL OTHERS, BUT YOU CAN CONTROL HOW YOU FEEL!"*

*MICHELE HO LUNG*

## THINGS TO WATCH OUT FOR

AND TO MAKE A DECISION TO CHANGE!

---

### ☼ FEELING BAD – GUILT TRAPS

Thoughts that start with: You "Should"... "Need to"... "Always"... "Never".. "Have to"... "Must"... "Every..."

### ☼ UNCONSCIOUS THINKING PATTERN

Mostly think thoughts that are either All bad or All good. Neither is desirable.

### ☼ PLAYING VICTIM

Blaming someone else for your problems

### ☼ LETTING YOUR THOUGHTS DICTATE HOW YOU FEEL AND NOT QUESTIONING THEM

You react emotionally and don't objectively assess the facts before you allow negative feelings to take hold of you.

### ☼ ASSUMING WITHOUT CHECKING

You believe you know what someone else is thinking and forget to check facts.

### ☼ ON BEING NEGATIVE

You Always negatively label things and assume or predict the worst possible case or outcome.

---

*WHAT OTHER HABITS AND PATTERNS CAN YOU ADD TO THIS LIST?*