



In **November**
And all year round

“Show a **POSITIVE ATTITUDE**”



Be Happy. Work at being Happy! Relish the good things in your life; let go of the bad feelings. SMILE!

Use this bookmark every day in November and show joy in sunny yellow.

This bookmark belongs to.....

For more information about *The 12 Habits 4 All of Us™* contact: elaine_parke@yahoo.com, 814-779-2060.

Health Focus

REDUCE STRESS

Color Cue

SUNNY YELLOW

Share Your Actions, Stories, Photos at 12Habits4AllOfUs.org **WORKS!**



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