



POSITIVITY

Professional Women's Network
British Chamber of Commerce
Myanmar
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KEEPINSPIRING.ME

“

A positive
mindset brings
positive things.

”

- Philipp Reiter -

POSITIVITY

Awareness

Desired to change

Take action

Awareness is
always the
beginning of
positive change.

~Roxana Jones

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AWARENESS

What are the positive things in my life today?

Pursued my calling in coaching

Realized own feelings of helplessness and stuck

Clarity was key



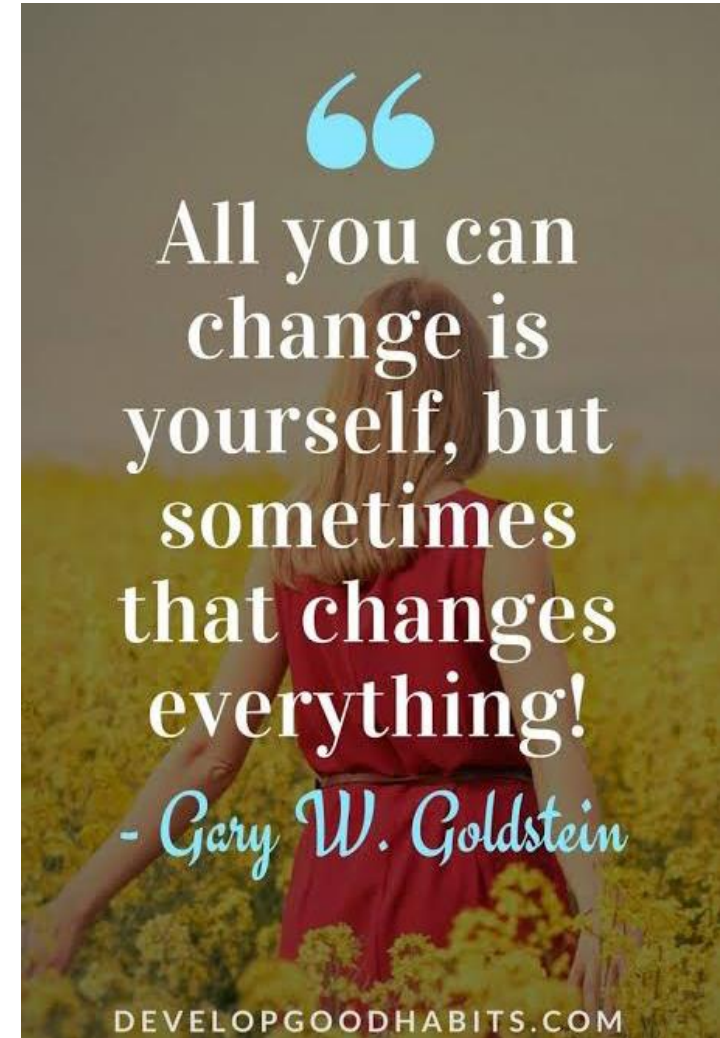
DESIRED TO CHANGE

What do I want?

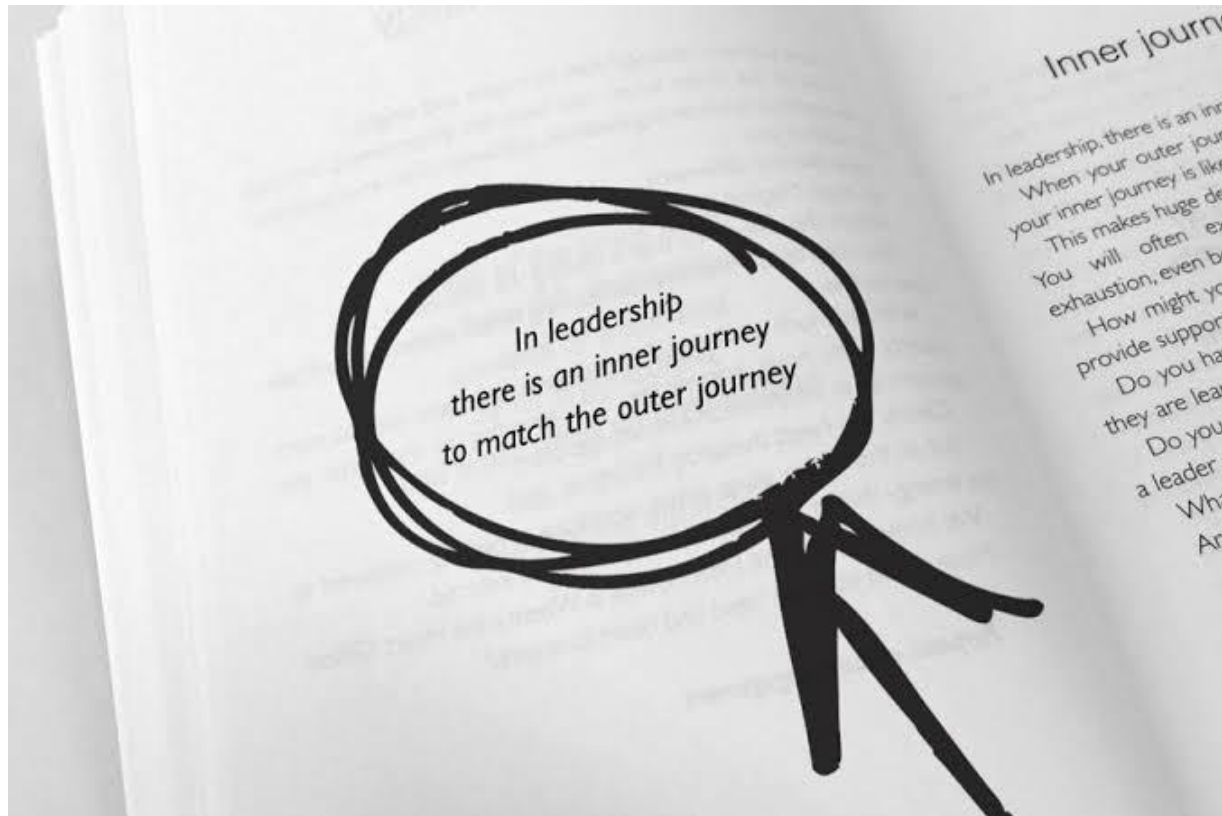
What impact am I having on people around me especially family?

What can I learn from those around me?

What do I need to do to get what I want with family and to become a brilliant coach to support others? Purpose!



TAKE ACTION



Find support system and help

Make the efforts – journaling,
music, quotes, bodily action,
awareness and self-care

Remember that life is a journey

Feeling grateful for all are gifts

YOUR MIND IS A
POWERFUL THING.
WHEN YOU FILL IT
WITH POSITIVE
THOUGHTS, YOUR
LIFE WILL START
TO CHANGE.

www.michael-bonnell.com

The journey toward
your inner-self is a
marathon, not a
sprint.

www.positivitysparkles.com

