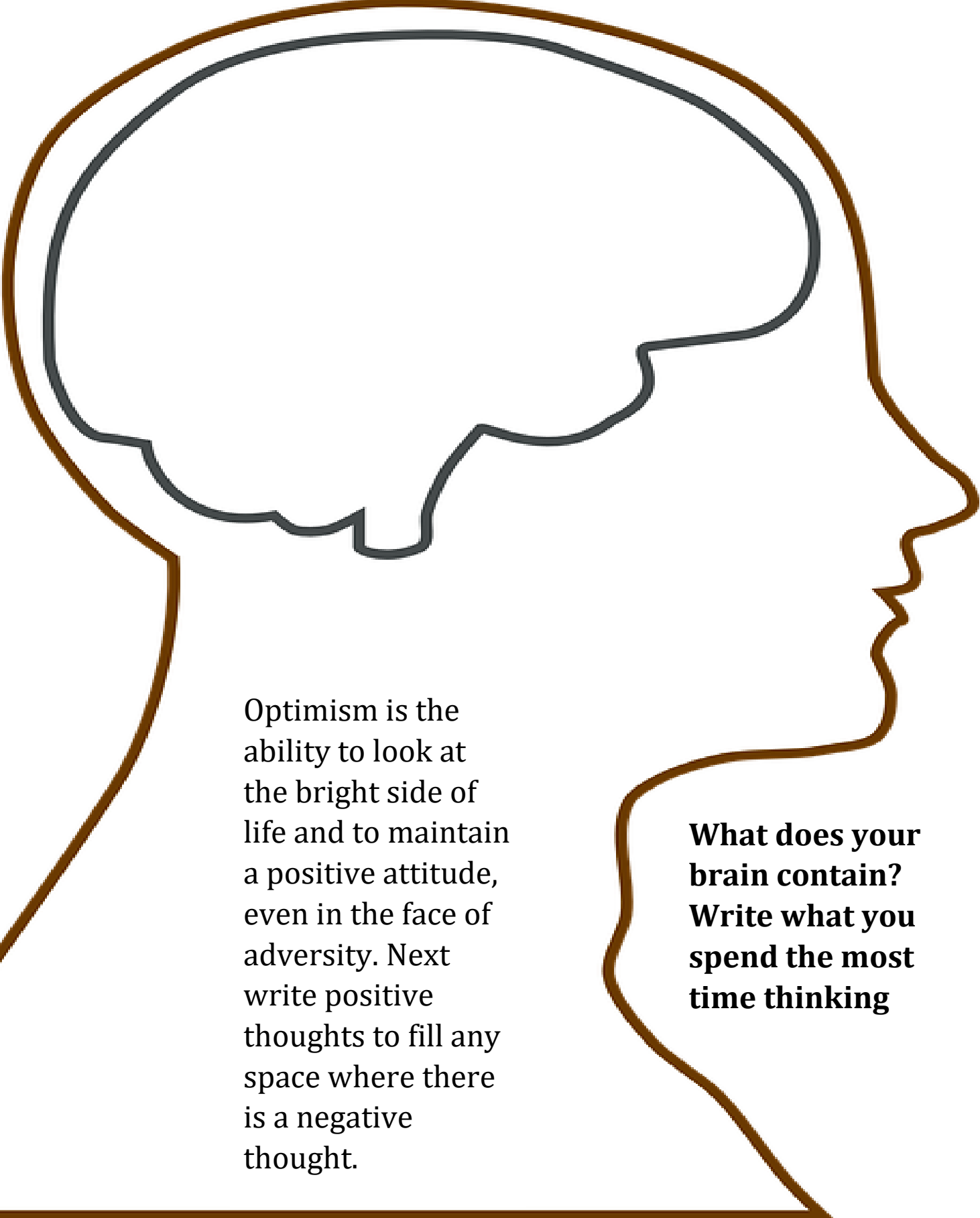


# It's All In Your Head



Optimism is the ability to look at the bright side of life and to maintain a positive attitude, even in the face of adversity. Next write positive thoughts to fill any space where there is a negative thought.

**What does your brain contain?  
Write what you spend the most time thinking**