

# Positivity

Rather than focusing on our flaws, try shifting the focus to our real self. We have all endured hardships and pain. We are allowed to have emotions. Look on the bright side.

Think positive, and positivity will follow you.

**A Positive mindset  
brings Positive  
things.**

**-Philipp Reiter-**

**Instead of ...**

**seeing only your flaws**

**Trying to be perfect**

**Doubting yourself**

**Trying to please  
everyone**

**Try ...**