

# Positive Kernals

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- **Refuse to be discouraged**
- **Look forward, not backward**
- **Trust your hopes and not your fears!**
- **Set aside time every day to daydream...**
- **Take control of your attitude! Do not let someone else control it for you...**
- **If you don't know, say so!**
- **Be compassionate!**
- **Pursue life with a positive outlook!**
- **Live in the present!**