

## **“Be Healthy Plan For Positive People”**

The following pro-active, preventive strategies for healthy, happy, stress-free living will strengthen the immune system, balance the emotions, balance the mental-emotional-physical-spiritual energies within the body, help prevent sickness, illness, and disease, reduce and eliminate negative stress, and create an awareness and understanding of the power of love, the joy of forgiveness, and the peace of a humble heart within the individual who decides to follow the suggestions outlined in the plan.

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Declare the day a joy-filled, happy day when you wake up.

Speak the truth with love. Ask good questions. Listen with understanding and not just for agreement. Think in silence. Do not interrupt.

Do not give permission for fear, anger, sadness, or hurt to take away your joy. This is a happy day. Have joy and be glad in it.

When you feel uncomfortable, believe it may be a sign that there is something wrong and there is conflict. Resolve the situation first by saying “Thank You” and then by trying to see what lessons you can learn.

Restore and rebuild relationships by asking what you can do to make the relationship better.

Ask for forgiveness and forgive others. Say these wellness words: Please forgive them. Help me to forgive them. Please forgive me. Help me to forgive myself. Please remove my bitterness. Please restore my joy.

Know that distress is caused by having to be right, by finding fault, by trying to control things we cannot control, and by being selfish.

Stop bad habits and break addictions and distress by saying the following: I want to stop. I can’t stop. Take away my desire.

Use your seven super powers. You have the power to control your attitude, honesty, communications, love, encouragement, forgiveness, and being humble and admitting your shortcomings.

Say these 21 wonderful wellness words as often as possible: I’m wrong. I’m sorry. Forgive me. You did a good job. What is your opinion? I love you. Thank you. Please.

Promise to love, care, listen, encourage, and forgive others.

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