



If you have good thoughts  
they will shine out of your  
face like sunbeams and you  
will always look lovely.

- Roald Dahl

Please help yourself to a

**POSITIVE  
THOUGHT**

[www.ripplekindness.org](http://www.ripplekindness.org)

I'm having a great day!

I'm kind to everyone I meet.

I enjoy helping everyone I can.

I'm making the most of today.

My mind has only positive thoughts.

I have nothing to complain about.

I'm grateful for everything!

I'm happier and smiling more today.

I'm not afraid to be myself.

I feel fantastic and want to show it!

I love my life!

I tell people how much I love them.

I can do anything I put my mind to.