



A COMMUNITY FOR WELLBEING,
GROWTH & PURPOSE

The What

The goal is to think good things, say good things and do good things.

The Why

It's good for you; it's good for others; and it's good for your relationships.

The How

I will notice and replace negative thoughts, words and actions towards myself, others and life, and I will choose and practise positive thoughts, words and actions towards myself, others and life.



A Model for Change

Growing Wellness Through Transforming Your Thoughts Words and Actions

I will **notice** and **replace** negative ...

THOUGHTS	WORDS	ACTIONS

The **negative thoughts**, words and actions I notice and replace will starve and become weaker and smaller.

I will **choose** and **practise** positive...

THOUGHTS	WORDS	ACTIONS

The **positive thoughts** words and actions I choose and practise will grow and become bigger and stronger.