

# Head Space.



## Adult Zone!

*The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...*

*we are in charge of our attitudes.*

— Charles R. Swindoll



[www.PositiveOutlooksBlog.com](http://www.PositiveOutlooksBlog.com)

### 10 Rules to live by for those who live a positive life.

1. Be comfortable in your own skin.
2. Appreciate what you have and never compare yourself to others.
3. See the positive in every situation.
4. Let go of your need to control.
5. Drop the resentment within.
6. Live in the moment.
7. Avoid overanalyzing.
8. Stop worrying about the future.
9. Drop your ego and be true.
10. Have an open mind.

## Recommended read: The Secret, by Rhonda Byrne.

### Monthly Mission:

1. Write down a list of things in your life that have made you unhappy.
2. Based on how much it affects you, give them a score of 1-10. (10 being extremely unhappy.)
3. Then, write next to each one, 'yes' if you can change it, 'no' if you can't. If you wrote 'yes', write what you can do to change the situation.

A day trip out, 10, fortnightly.

### Mini Mission!

Your assignment this month is to do at least 1 random act of kindness a week. E.g. lend a helping hand, pay a sincere compliment, smile at a stranger and ask how they are. You will have no idea of the ripple effect you will set in motion.

have  
DIVERGENTDESIGN.COM  
Courage  
and be  
Kind

### Hygge- The Danish Way to Live Well.

**October:** Often we think we are meant to work, stress and be busy dealing with life problems. Right? Wrong! It is proven that we are happiest when we are involved in leisure activities. So, go hiking, take part in sport, take the time to play with your child/children.

### Must Watch!

<https://www.youtube.com/watch?v=7xAeJKgupPI>

Changing Perspectives!

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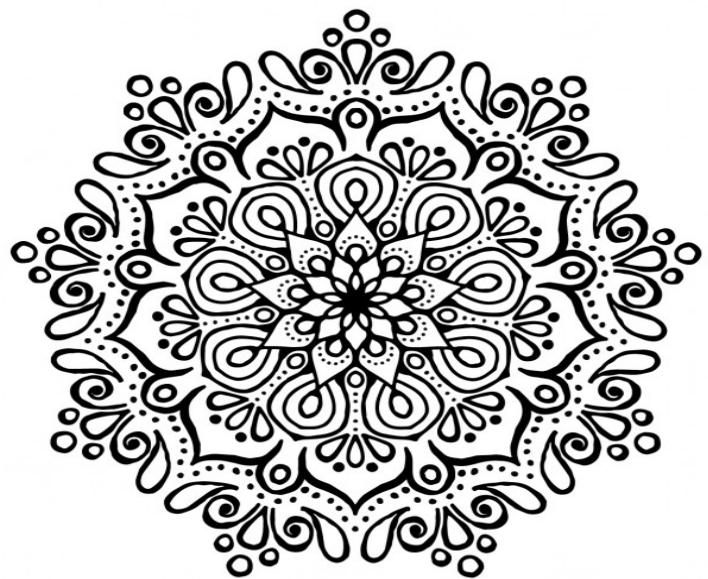


## Kids Zone- Anxiety

Colour for calm!

### Advice

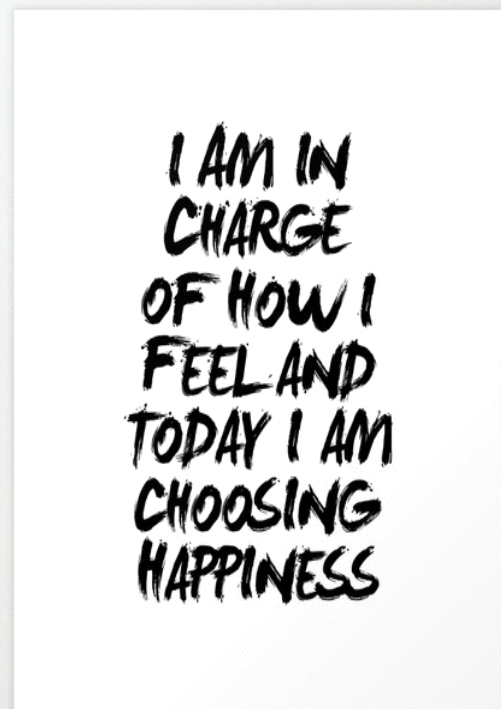
- Be active,
- Take control,
- Connect with people,
- Have some 'me' time,
- Challenge yourself,
- Avoid unhealthy choices,
- Work smarter not harder,
- Help other people,
- Try to be positive,
- Accept the things you can't change,



**“I’m a warrior,  
not a worrier!”**

### You Tube:

1. Relax 8 Hours-Relaxing Nature Sounds-Study-Sleep-Meditation-Water Sounds-Bird Song.
2. Dragon Story time Meditation for Kids & tots (Sleep or rest time out).
3. Guided Meditation for Children | Your Secret Treehouse | Relaxation for Kids.
4. Cosmic Kids- Yoga for Kids.



**Recommended app:**

<https://www.headspace.com/kids>