

FISH THINKING

Every day is an opportunity for you to approach life in a positive and happy way.

FISH Thinking stands for;

- **F** - Fun and enjoyment in everything you do
- **I** - In the present each and every moment
- **S** - Share your efforts and energies to make someone's day every day
- **H** - How you think positively when you rise every day; it's going to be a great day!

In the sections for **FISH**, write down things that you will do every day to have positive growth mindsets.

FISH - What things can you do each and every day to live a fun and happy life?

FISH - What do you have to do to be in the present each and every moment in your life?

FISH - What things can you do each and every day to make someone's day? Remember you live by what you give.

FISH - How can you ensure that you approach each and every day with a positive attitude?