

the book title:

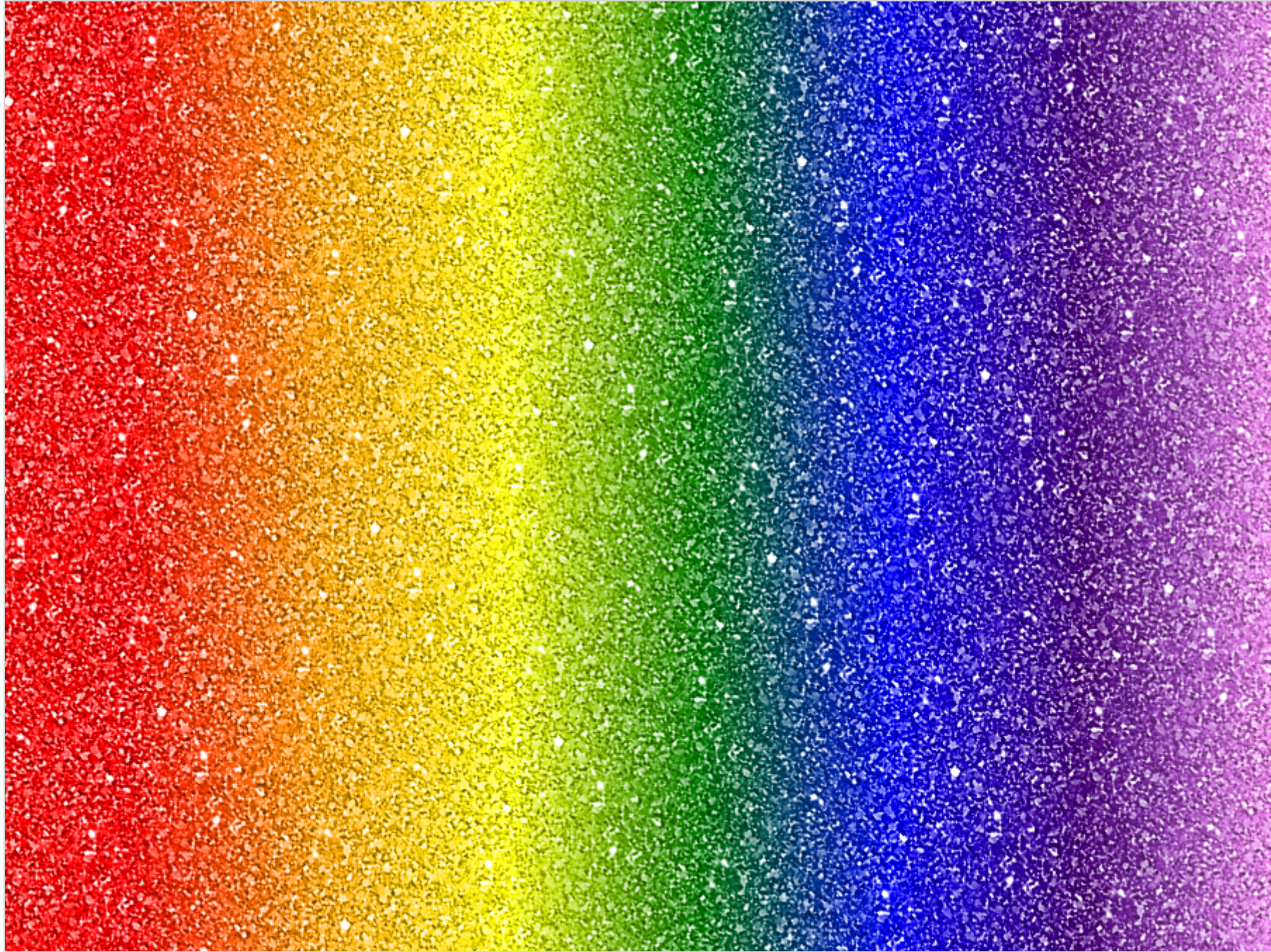
# **How to survive hard times and stay positive**

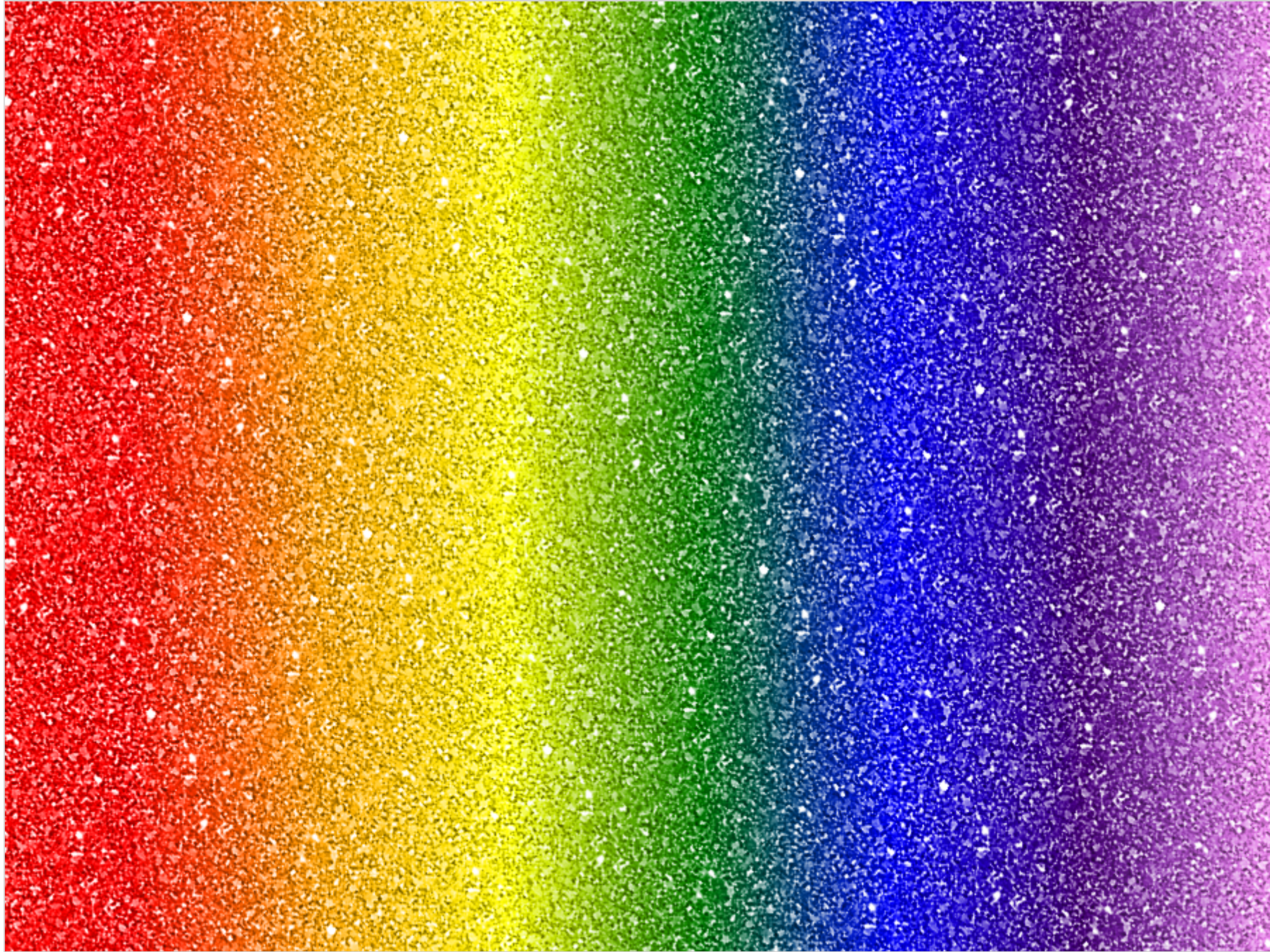
For 1.

You have to be an optimist!!!

And that's me.







take the quiz :

**I am 60% positive.**

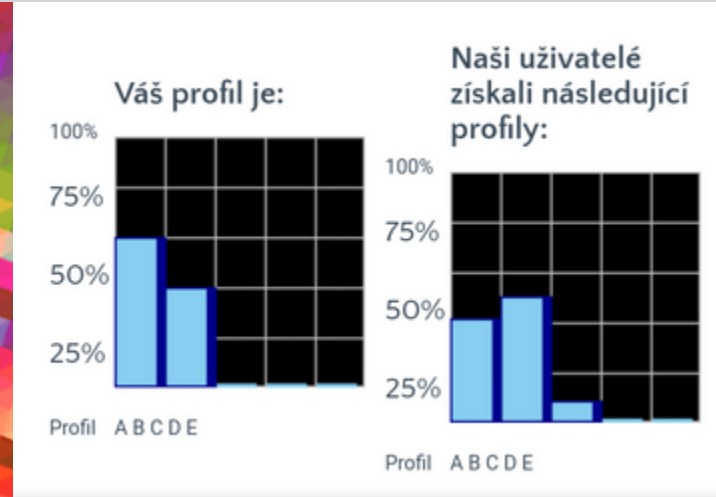
**40% of me am a normal person among people.**

**And there is no choice for a negative type of person...**

my opinion :

**Usually I don't believe such a quiz, but I'm not wrong about this.**

**Everyone who knows me says I'm always in a good mood. And when I'm in a bad mood, I try to hide from her.**





Smiling people  
are perceived  
positively!!!

Do something that will overcome a bad mood.

Or I'm playing with a dog,



When, I'm in a bad mood, I go out,



Or I teach my dogs a new piece.



But sometimes you can't go out...



Knit bracelets made of cotton, even for friends



But I prefer to read

My favorite book's



My thickest book's :

1100 pages



And when I need to calm down, I draw.



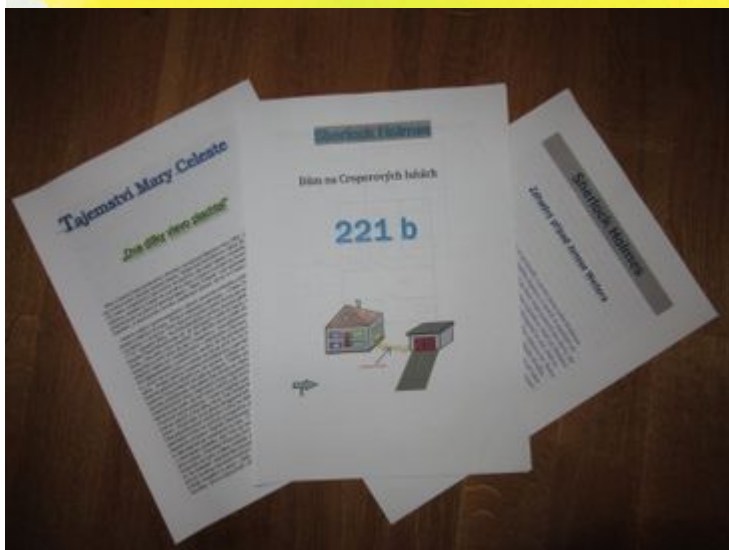
I stick my drawings in a book :





When I have more time, I like to write stories and poems.

My finished stories :



One of the stories told :



Part of one of my poems :

Pro tebe vzdám se i šumění lesa,  
zurčení potoka, při kterém srdce plesá!  
Vzdám se i toulek svých,  
po cestách neznámých.

Běhání přes louky a zlaté obilí  
a všech těch krás co zdobily -  
parné léto v naší horské vsi.  
Pro tebe vzdám se modrého nebe i!!!

Voňavé rozkvetlé louky,  
v zahradě ptačího zpěvu.  
Nahradiš mi ty roky?  
Nebude žádného hněvu?

Chladný vítr na rozpáleném poli,  
každá ta vzpomínka tuze mne bolí!  
Vzpomínka na krásný život v horách,  
na vrcholky hor v podzimních mlhách.

Na listí zářivé spadané na zemi,  
připomínajíc sněhovou návějí.  
Vzpomínka na stromy ohnuté pod tíhou,  
přikryté bělostnou peřinou.

Na spršku sněhu z větví,  
v zahradě srnek stop.

.....

Spend time with family, friends

I play chess with my dad and my mom takes pictures



šach mat



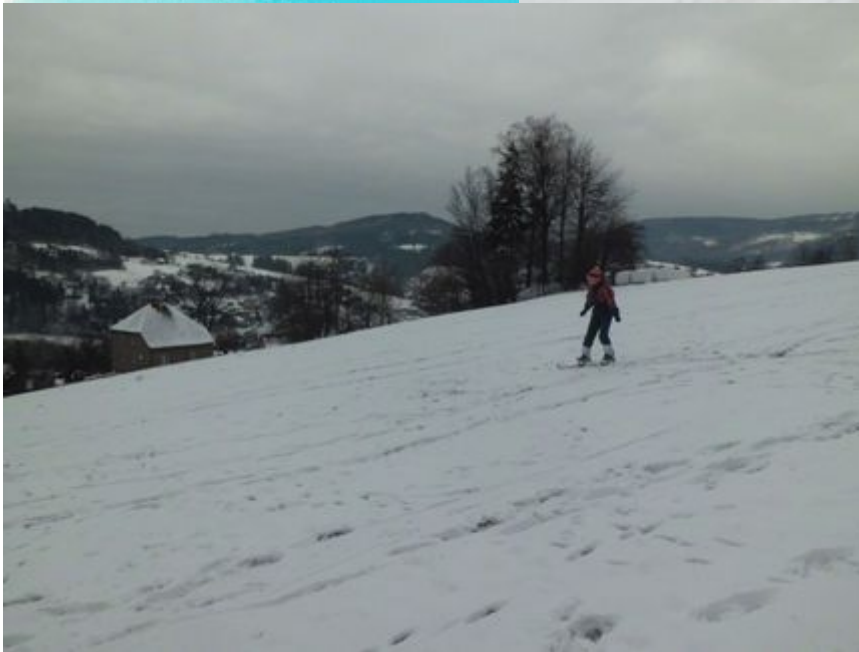


On a walk with friend

Move your body

I love sports and live to move.

**I do snowboarding**



**I ski**

here with dad :

I like to jump on  
skis from an  
actually made  
bridge



On the hill  
near our  
house. We  
don't even  
need a lift!!!



# I cross-country skiing



**And I also take sledding with my dog as a sport!!!**



Here we go on the plain



And here we go down a steep hill



Do something useful

I really like baking

Everyone loves these cupcakes :





I often cook for my parents



I like to create new ideas :



You will look around and  
find something beautiful

When it freezes.

Beauty in the forest :



behind the window :



at home on the window



frost on the window



when it melts

I love sunsets



The view from our terrace is really beautiful!



AND OF COURSE I MUST NOT FORGET MY BEATIFUL DOGS



## State what you like about yourself

I'm polite , I can't walk around someone standing with my back to me and whom I know, I wouldn't even greet him.

I never lie , unless it's meant in fun.

I can live without a mobile phone, a mobile phone rather bothers me.

I have nice interest.

I love nature and animals.

I can control myself.

I like to help or organize various things.

I'm going for my goal.

I'm confident, sometimes about too much

Write a page of gratitude I am grateful for :

for what I have parents, my mother could not be better!,

for having our own house, in a beautiful location,

for having two dogs who are my best friends and without them I would not be who I am,

for having two friends with whom we help each other and whom I can really rely on,

for having clean water,

for always having something to eat,

for being healthy and able to play sports and do all the things I enjoy,

for seeing and hearing,

for being able to study at the school I like ,

for the fact that teachers there are really willing and pleasant,

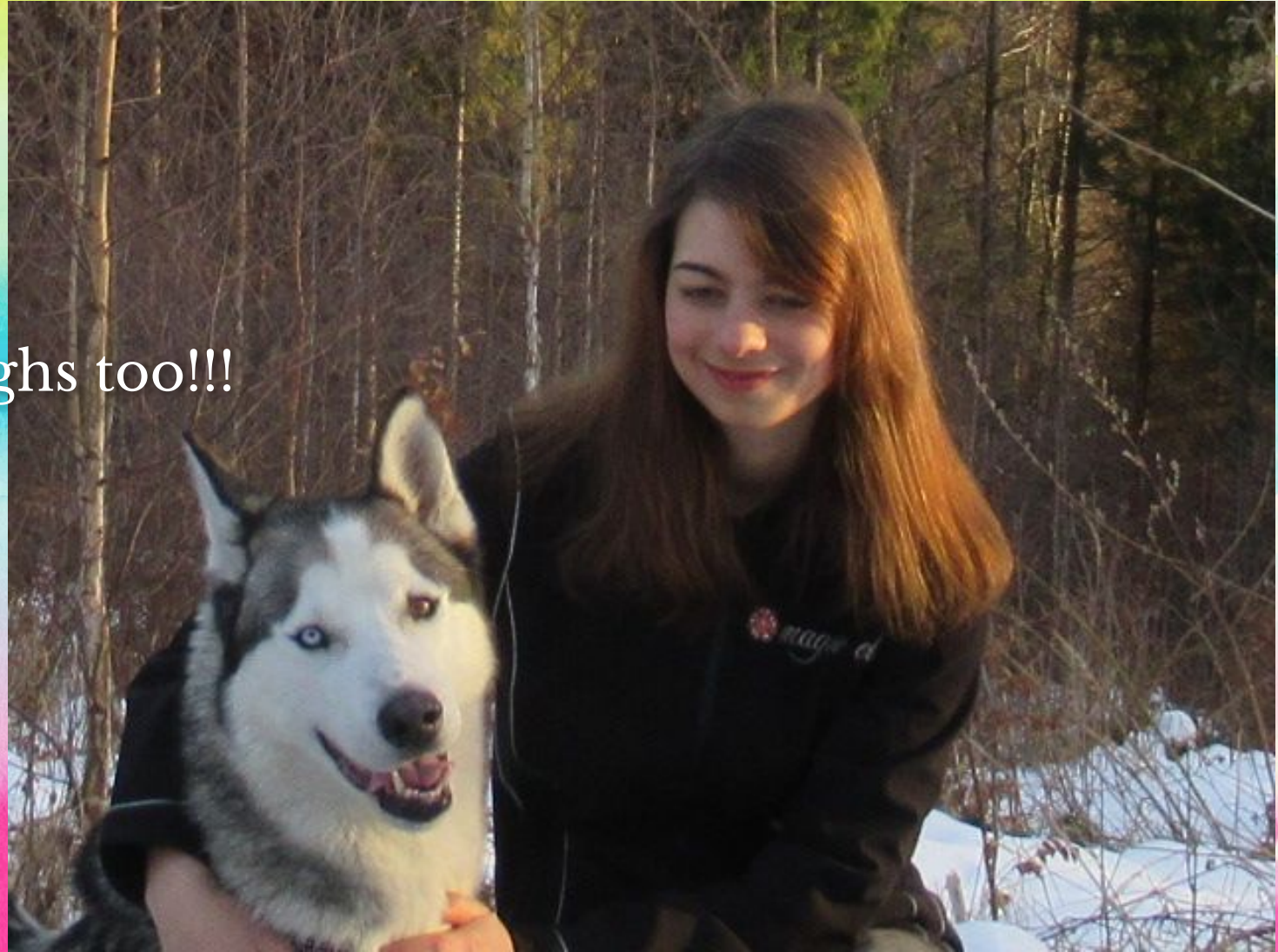
for free time, when I can go out into nature,

for clean air,

and many many more things

Take a picture of yourself or someone else with smile

He laughs too!!!





Find an optimistic  
song

I prefer classical music, but this song always brings a smile to my face.

Do something for people  
who help with covid

