



How to survive hard times and stay positive



Project on positiveness:



1. Do a quiz

In the test I got the result that I am 70% a normal, in-between type of person. Not negative but not always positive, either. You don't care what life throws at you - you like to think, "So what? That's just the way it is."

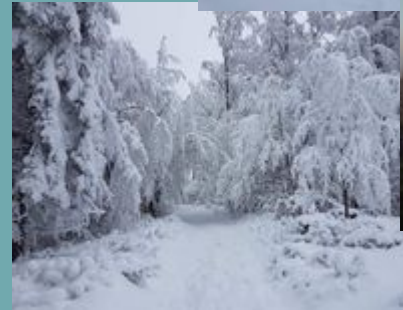
I don't know if that's completely true because I try to be a positive person, but it doesn't always work out for me.



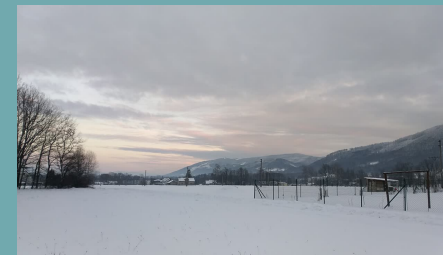
<https://vimeo.com/194880710>

2. Make a decision to do something which overcomes bad mood, be persistent for 3 days

I decided to move every day. I went for nature walks.



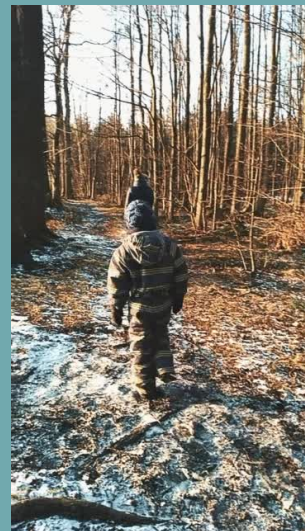
Time in nature always makes me smile. :) Especially when I decide to go for a walk with my friends, it's a very nice time.



3. Move your body

4. Keep a record of it

I already mentioned that I go for walks every day. Mostly with my dog but sometimes I want to go and walk alone. Sometimes I also go to the mountains with my friends. I love the time spent in the fresh air. I also recently started practicing exercises at home and I enjoy it!



5. Do sth unusual and helpful at home or for somebody else

I made a birthday cake for my grandmother. She was very surprised and happy.



I helped my grandfather fix the fence in the garden.

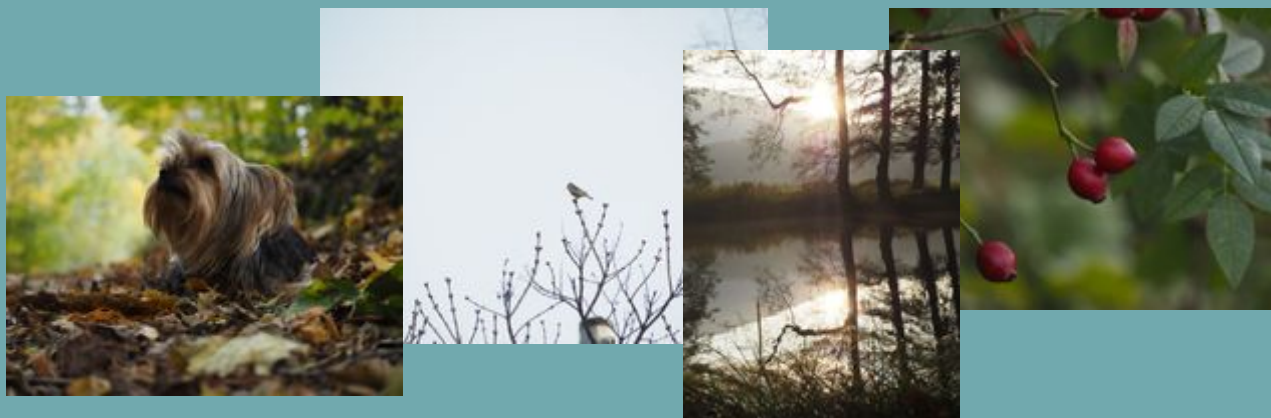
And I also try to help my mother with housework and help her in the kitchen.



6. Look around, find sth beautiful, draw it or take a photo of it



Lately, I've become more interested in taking pictures of nature and the people around me. Spring is really wonderful now. I realize how beautifully everything is created and how wonderful the world is.



7. Write a gratitude page



When the coronavirus pandemic came, I set up a "thankful notebook" where I try to write three things every day for which I am grateful that day. This "thankful notebook" reminded me of how well I am and how much I am grateful for.

I am grateful for the little things that I often think are a matter of course.
I am grateful for freedom of religion
I am grateful for each new day I can wake up to.



I am grateful for my family and friends who support me.
I am grateful for the church and faithful friends.
I am most grateful for the sacrifice of Jesus Christ and for the gift of eternal life!



8. Find an optimistic song - share it in your book



https://www.youtube.com/watch?v=n_aVFVveJNs

I like this song. Every time I hear this song I'm happy that I don't have to worry about what's coming tomorrow. I can trust my God who has everything under control. The song says that even when the hard times come, we should stay positive and remember that God will always help us.

Chorus: When You don't move the mountains I'm needing
You to move
When You don't part the waters I wish I could walk
through
When You don't give the answers as I cry out to You
I will trust, I will trust, I will trust in You!

<https://www.karaokearty.cz/texty-pisni/daigle-lauren/trust-in-you-721931>

9. Take a photo of yourself or somebody else smiling



That is the happy face of my dog!



This photo is from my childhood I was there with my cousin.

