

Paul McDonald

Paul McDonald spoke about the importance of gratitude and appreciating all the good things that you have experienced in life. And that when tough times and setbacks happen it's important to keep a positive attitude.

1. Why is it important to maintain an attitude of gratitude throughout the day ?
2. What does it mean to pivot away from negative thoughts and noise (Example social networking) when we face a disappointing setback, bad news, or unfair treatment ?
3. What is an example in your own life where remaining upbeat and positive during a difficult situation changed your outlook and helped you move forward from it ?

Remember, an attitude of gratitude can make a big difference in your daily life !

**TAKE THE SOLD OUT PLEDGE TODAY !
Commit to a Drug and Alcohol Free Life**