Inhale Positivity

Lazyboy

Inhale positivity, exhale negativity Enjoy the little things in life Like the smell of a flower The sound of a bird or the shape of a cloud Do something different today, smile to a stranger on the street Take a different way home or go by a CD With music that you wouldn?t have normally bought Try not to be to hasty In your judgment of other people And take life less seriously What you give will always come back double Some people spend their whole life waiting for the storm And never enjoy the sunshine Inhale positivity, exhale negativity Inhale positivity, exhale negativity Take a deep breath By taking five deep breaths everyday It will help remove the build up of toxins in the body It also lowers your cholesterol in the blood And strengthens your mind As you breathe out think only positive thoughts Like what a great day this is going to be Surround yourself with successful people Don?t feel threatened by them Challenge yourself and learn from them Because sccess has a mysterious way of attracting more success Like negativity attracts more negativity Inhale positivity, exhale negativity Inhale positivity, exhale negativity Inhale, exhale, negativity Inhale, exhale, negativity Inhale new life and positivity

And exhale pain, regrets and negativity

Inhale

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