

TEN ways to reduce negativity in your life.

1. Don't take other people's negativity serious.
2. Spend more time with positive people.
3. Be the positivity you want to see in the world.
4. Change the way you think.
5. Focus on solutions.
6. Love whoever is around to be loved.
7. Show you care.
8. Accept that life has its ups and downs.
9. Be in the present.
10. Let go and move on.



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