



1-Page B.A.T. Positive™ Positivity Plan

1. BE POSITIVE — Shift Your Mindset

- Start your day with a 10-second gratitude pause.
- Rewrite one negative thought into a positive truth.
- Focus only on what you can control today.

2. ACT POSITIVE — Lead Through Action

- Choose one intentional action aligned with your values.
- Encourage or support one person today.
- Move your body for at least 5 minutes to reset energy.

3. THINK POSITIVE — Renew Your Focus

- Mid-day reset: ask, 'What matters most right now?'
- Respond intentionally instead of reacting emotionally.
- End your day by writing down one win.

Daily Discipline

Small, consistent habits create big results. Positivity becomes powerful when practiced on purpose.

Your 24-Hour Challenge

Do one thing today your future self will thank you for.