

* * *
 * DWELL ON THE
 * BEAUTY OF
 * LIFE. WATCH *
 * THE STARS *
 * AND SEE * *
 * YOURSELF *
 * RUN WITH THEM

-- MARCUS AURELIUS --

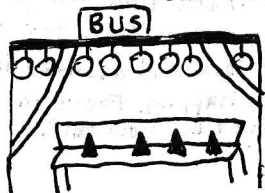
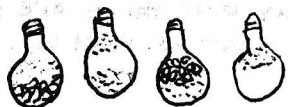
THE COLOR
 OF
 THOUGHT

 A POSITIVITY GUIDE ZINE

DECORATE YOUR WORLD
 WITH POSITIVE STREET ART, VIBRANT
 COLORS, AND GRATITUDE.

FROM UNCUSTOMARY.ORG:

- CREATE a sign-up sheet where people can write what they are grateful for. Post it to a sign, include a pen.
- ATTACH balloons to various locations, leaving bursts of color in your trail.
- LEAVE stickers everywhere. Home-make them with positive messages or buy happy stickers and use those.
- DECORATE a bus stop with streamers and confetti, and leave party hats for those waiting.
- FILL light bulbs with glitter, beads, and colored sand. Line them along a path or leave in various locations around town.



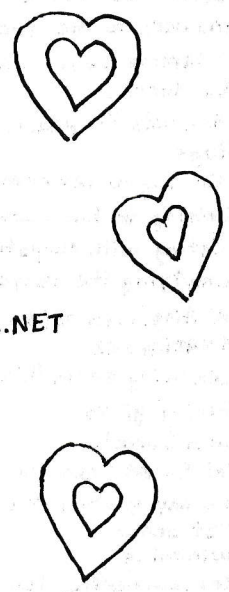
26. Recognizing unexpected connections with new friends
27. Books
28. Visually inspiring movies
29. Long weekends
30. A night alone in your shared home
31. Finding a match to a long lost lonely sock
32. Happiness lists
33. Sunsets
34. Sculptures and artwork
35. Answers to the question, "what will you do before you die?"
36. Dreaming about people you miss
37. Bill Murray
38. Activists for peace
39. Hugs
40. Moving to let someone add an extra chair at the table
41. Getting to know coworkers and making work more fun
42. Eating with chopsticks
43. Emptying the recycle bin on your computer
44. Writing/making/doing something you're proud of
45. Amazing sex
46. Learning something new
47. Giving gifts
48. John Cusack
49. Bob Barker and the original Price Is Right
50. The day you're not sick anymore
51. First snow
52. Swimming
53. Remembering how old trees are
54. Laughing so hard you aren't even making sound
55. Fireworks
56. Finding a really good sale for something you need
57. Sushi
58. Recreating Saturday morning cartoons

Fill this zine
with color, then
pass it on

BUSYWEEKENDS.COM

SITES + RESOURCES

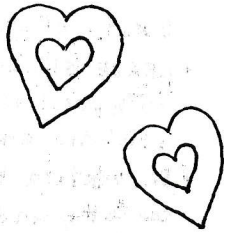
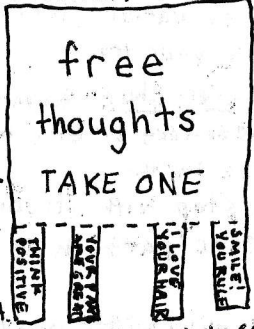
- CUTEROULETTE.COM
- 1000AWESOMETHINGS.COM
- COWBIRD.COM
- DAILYGOOD.ORG
- GOOD.IS
- POSITIVELY POSITIVE.COM
- KARMATUBE.ORG
- GETMILKSHAKE.COM
- STORYCORPS.ORG
- THENICESTPLACEONTHEINTER.NET
- THINGSTOBEHAPPYABOUT.COM
- CONVERSATIONS.ORG
- STORYTELLERSFORGOOD.COM
- LETTERSOFNOTE.COM
- GIVEMEHOPE.COM
- ODEWIRE.COM



Post A FREE THOUGHTS TEARAWAY SHEET. FILL IT WITH POSITIVE MESSAGES THAT OTHERS CAN TAKE WITH THEM.

Don't count the days, make the days count. You have to fight through the bad days to earn the best days. You're beautiful! Love your hair. Smile! Keep

your eyes
peeled for
something
unexpected!
Make it
happen TODAY.
Think happy!
Know who
you are and
be proud of it.



Be the change you want to see in the world. Laugh!
Don't give up! Anything you can imagine, you can do.
Not every day is good, but there is something good
in every day. You are GORGEOUS! Life is too short
to pretend sadness is okay. Good things are going
to happen. Focus on what matters. Don't be afraid,
just be yourself.

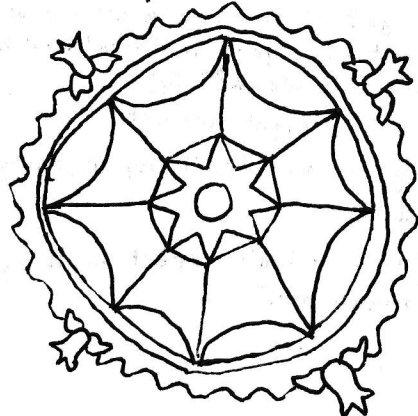
GIVE GENUINE COMPLIMENTS- ESPECIALLY TO STRANGERS.

- Make them personal.
"This is the best pizza ever!" ☒
"You make delicious pizza, Mom!" ☑
- Make them specific.
"I like this whole thing you've got going on." ☒
"I love how you matched the ring with your pants cuffs, it brings out the thread detail and looks fantastic!" ☑
- Acknowledge effort.
"Nice piece." ☒
"I love this painting! I can see that you used advanced technique and it must have taken all day! Well worth the effort for such beautiful art." ☑
- Describe how they moved you.
"You are my favorite author." ☒
"I enjoyed the writing in your second book so much that I took up knitting; your character made it seem so relaxing. Now I have a shop and a second source of income!" ☑

ACCORDING TO TIBETAN BELIEFS, MANDALAS
HELP CREATE
LEARN HOW TO DRAW
YOUR OWN, FILL
THEM WITH COLOR,
AND HAND THEM
TO OTHERS!

POSITIVE ENERGY

• WIKIHOW.COM/DRAW-A-MANDALA



- MANDALA.PROJECT.ORG
- FREE-MADALA.COM

GIVE SOMEONE SOMETHING TO
ABOUT, EVEN IF IT DOESN'T
SEEM LIKE THEY NEED IT,
AND EVEN IF THE LAUGHTER IS BORNE
FROM YOUR OWN RIDICULOUSNESS.

LAUGH

- Memorize corny jokes
- Be random
- Laugh as ridiculously as you can
- Talk with your hands - draw faces on your fingers
- Stuff grapes under your upper lip and casually continue conversation
- Repeat actions you know make people laugh
- Make funny faces at someone as long as it takes
- Laugh - it's contagious!
- Send funny links, videos, and articles
- Send a humorous card
- Play (fun, consenting) pranks on a friend, especially when mutual friends are available to enjoy it
- Fall near a large crowd - sad, but true: make the sacrifice!

GIVE SOMEONE YOUR
DURING THAT, GIVE
YOUR UNDIVIDED ATTENTION.

TIME

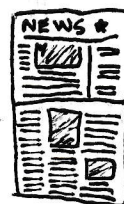
undivided adj

1. not divided into parts or groups
2. concentrated on one object, idea, etc.

THAT MEANS NIX



MAKE SURE YOU
ARE LISTENING
AND NOT JUST
WAITING
TO
TALK!



ANYTHING
YOU WANT
TO TALK
ABOUT THAT
THEY DON'T
WANT TO
TALK ABOUT

- NOISY PLACES THAT MIGHT DISTRACT YOU
- YOUR URGE TO INTERRUPT

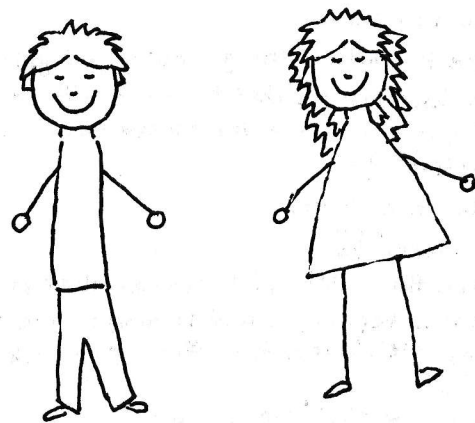
REMIND EVERYONE THAT THERE IS GOOD IN THE WORLD.

COMPILE A LIST OF EXAMPLES AND SHARE THEM.

1. Chocolate
2. Children who want to read
3. Ice cream trucks
4. Pizza
5. Volunteers
6. Pet doctors
7. The sound of snow crunching under your shoes
8. Letters from strangers who become good friends
9. Naps that leave you feeling well-rested
10. Warm just-out-of-the-dryer blankets
11. Washing your hair
12. Using a new toothbrush
13. Lyrics that seem like they were written for you
14. A home-cooked meal
15. Free samples
16. Long lost siblings sometimes reunite
17. Ordinary people save other ordinary people daily
18. Space travel getting closer to reality for tourists
19. You always have the option to change your life
20. When the hiccups stop
21. Cool but not cold yet fall breezes picking up leaves
22. Your first crush
23. Icicles
24. When someone you were just thinking about texts you
25. Watching for airplanes and catching a biplane

SPREAD COLOR

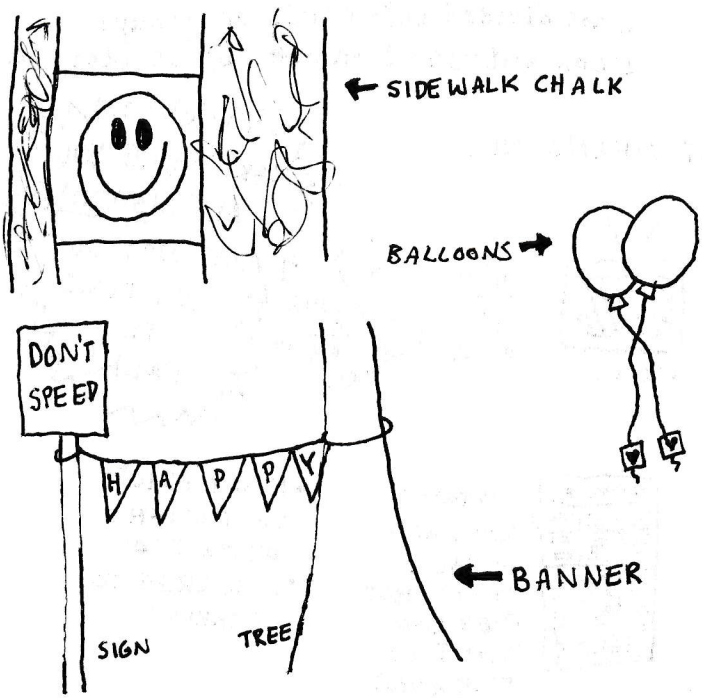
GIVE THE GIFT OF VISUAL HAPPINESS BY WEARING BRIGHT COLORS AND ATTENTION-DRAWING PRINTS. REWARD EVERYONE WHO LOOKS WITH YOUR BRIGHTEST SMILE!



WHAT WILL YOU BE WEARING?

DISPLAY POSITIVE MESSAGES ON A BANNER,

WITH CHALK, OR BY ATTACHING THEM TO BALLOONS



- Make it unique.
 - "Love that dress."
 - "The way you chose to wear that dress with the scarf looks absolutely stunning on you."
- Don't backtrack.
 - "You've lost weight! Lookin' good."
 - "I'm impressed by your dedication to keeping healthy! Do you have any favorite recipes?"
- Make it about them.
 - "Good job! I did the same thing last week."
 - "Good job getting through a whole week of hanging out with your in-laws! How are you recovering this week?"
- Don't wait for "the right moment."
- Don't second guess, but don't say anything you don't mean, either.
- Most importantly - don't expect anything in return, not even a "thank you."

THANKS!