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UP lifting ways to go about your day

1. Wake UP and decide to have a great day!
2. Cheer UP and think how great it is to be YOU!
3. Look UP at the sky and be grateful for this day
4. Show UP to places with a positive attitude
5. Listen UP to the voice inside of you
6. Team UP with others to make things better
7. Build UP your brain by learning hard things
8. Lift UP others with kind words and compliments
9. Reach UP for new dreams and goals
10. Cuddle UP at night with your favorite book or someone you love