Turning a Negative into a Positive

Sun Shadows, Summerlin
Thursdays, 10AM – 12PM
Instructor: E.J. Levine

1) Questioning Balances - Legs, Dizzies and Checkbooks

2) Changing the Way I Talk to Myself - Positive Thoughts, Words & Actions

3) The Road to Hell is Paved with Good & Bad Intentions

4) Use Jokes Carefully - Both People Have to Enjoy

5) How to Not-Know-It-All and Still be OK

6) Being a Perfectionist is Exhausting

7) This "Yes" Person is Finally Getting Tired

8) Lighten Up!