

Positive Thoughts Prompts

“Cultivate an attitude of happiness. Cultivate a spirit of optimism. Walk with Faith, rejoicing in the beauties of nature, in the goodness of those you love, in the testimony which you carry in your heart concerning things divine.” Gordon B. Hinckley

- How has God blessed me today?
- I am a strong, positive, healthy, loving woman of faith.
- **“In all things it is better to HOPE than to despair.”** Von Goethe
- What makes me smile?
- My faith is bigger than my fear.
- I will let my JOY rise to the surface.
- Take a big breathe ... think of someone I love.
- I am grateful for...
- Listen to peaceful music.
- I am thankful for small successes in my home.
- **“Give me this mountain. Give me these challenges.”**
Spencer W. Kimball
- Today I will slow down and enjoy the moment.
- Listen to happy tunes.
- God is in the details of my life.
- There is always something to be grateful for.
- **“We traveled on, Trusting in God.”** Susannah Stone Lloyd
- I become what I focus on.
- Stuff some faith under that bonnet and double knot it.
- **To be happy, don't do what you like; Like what you do!**
- I am a problem solver... not a complainer.
- Today I will listen to the quietest whispers of my heart.
- Be Kind; everyone you meet is fighting a hard battle.
- **“For God hath not given us the Spirit of Fear; but of POWER, and of LOVE, and of a SOUND MIND.”** 2 Timothy 1:7
- Life is beautiful.
- I believe in the power of my thoughts.
- Pray for optimism.
- Hard things make me Stronger.
- Today I will Forgive.
- **“Sacrifice brings forth the blessings of heaven.”**
- Today I will be gentle with myself and others.
- I am Blessed!
- Today I seek Peace.
- When times are hard, I will righteously hang on.
- I will prepare for tomorrow by working today.
- Today I will use my energy to improve someone's life.
- **“Press forward with a steadfastness in Christ.”**
- I will be grateful for this day.
- Everything is going to be okay. Breathe. Smile.
- Laughter is good for my health.
- Practice makes progress.
- Today I will practice using my calm voice.
- **There is always HOPE.**
- Kindness inspires Kindness.
- Today I will do what is right, not what is easy.
- I am strong and can do hard things.
- Always be nicer than you feel.
- Keep Moving Forward!
- Today I will think of others & serve!
- Onward ever Onward.
- **“The Lord is my light, then why should I fear?”**
- These times are hard, but they will pass.
- Today I will stop holding on to what hurts and make room for forgiveness.
- Recite a scripture.
- “Arise & Shine Forth.”
- I teach others by my attitude.
- **“It is better to look up!”** Thomas S. Monson
- Hum a hymn.
- Today I will thank someone.
- I am meant to be brave.
- The Lord is aware of me.
- Today I will give the gift of time!
- Live in Faith!
- **I am loved**