



Adventure Bonus Resource # 1

The Case for Positivity

We are the Personal Positivity Network and we developed the transformative life course called *The Pozzam Adventure*. Pozzam.com. We are a group of likeminded people who want to share the message and life skills that allow you to transform your life through the superpower of Personal Positivity. This message is to share with you what we believe.

We believe in positivity; we believe it is the way everyone should approach life and life's challenges and opportunities. We believe that looking for and finding the good in ourselves will help us to fulfill our potential, we believe that the past is in the past and no matter what happened no matter what we did, or people did to us that today is a new day filled with nothing but possibility. We believe in personal responsibility, nobody owes us, nobody controls us, and our mind and thoughts belong to us and us alone.

We believe in change, we believe that a personal situation or circumstance is not set in stone, is not permanent and that we can change anything and everything if we are open and accepting to learn how. We believe in dreaming, in reaching for some really big things in life. We believe in hard work, that nothing comes over

night, but if we want something that we can set a path and reach any mountain top.

We know that life is not always a bed of roses, but we believe that we can train ourselves and develop the skills to deal with disappointment and setback in order to get back on the path to where we know we need to be and will lead us to our dreams.

We believe that anyone can change their outlook and learn these skills, we believe anyone can accept Personal Positivity as a lifestyle. We believe the Pozzam Adventure Pozzam.com is the best way to learn these skills.

What do you Believe??

If you are feeling like there might be more out there for you, maybe you are unhappy in a relationship, maybe your job has you down or you feel you are in a dead-end career without a path to improve your work situation. Maybe you hate where you live and can't see a way to change it. Maybe you find yourself constantly looking at things or people in a negative light. Maybe you blame things in your past for where you are today. Maybe you have all the money you need and live in a great place and still find yourself looking at the world in a negative light or just don't feel happy.

We started this message with what we believe, and we want you to believe those things too. Here's some other things we believe and want you to know, no one is beyond change, today and the future are all that matter the past is gone, your entire life is in front of you.

Negativity is not a belief system, it is a habit and you can break it, now you are going to need help, you are going to need to learn some skills that will help with the transformation. The change will be a process and you will have to work at it but in the end you can and will live with a more positive attitude and that will without question open opportunities and possibilities you have not even imagined yet. But you can't do this alone and that is where our Pozzam Adventure Pozzam.com, comes in. Pozzam gives you all the tools you need.

Personal Positivity is an outlook, an approach to life, a way of facing all situations and opportunities. Personal positivity will give you a new prospective on the world. It will help you overcome fears and take more risks, it will help you face

challenges and stresses that will come up in life. It will train you to let go of the past, it just doesn't matter that much, it will teach you to forgive and let go of anger and disappointment that is long over and done with, it's time to get rid of that baggage.

Living with Personal Positivity will lead to deeper and fuller, more satisfying relationships in life, it will allow you to recognize and close off the influence of those that are not helping you forward. You will be happier and more productive; Personal Positivity will challenge you to get the most out of every day and it's just a more fun way to live!

For hundreds of years, certainly back to George Combe's in 1828 and Ralph Waldo Emerson in 1841, maybe even thousands of years before that when you look at some of the writings during the Roman empire. Man has been thinking about and writing about the benefits of living life with a more Positive mindset. So just maybe there is something to living that way.

We love when we hear people argue against positivity or the promoting of this type of lifestyle, we always wonder okay so are you arguing in favor of a negative lifestyle? What is the alternative you are arguing for? Sometimes they argue "well you have to live in reality", okay who says you can't "live in reality" with a positive outlook?

Accepting and fighting to live with a positive outlook is not mind control, in reality, everyone will face challenges, setback and disappointment, things will happen that make you incredibly sad or angry. Emotions, positive and negative are part of life and that doesn't change. What changes is the lens in which you view these things and how you react and handle the speedbumps and full out roadblocks when they come.

We see, changing things in your life you are not happy with, breaking the habit of negativity, breaking from and leaving the past in the past, living with positivity, recognizing and taking advantage of opportunities when they come, living in the present and getting the most out of each day, fulfilling your potential, having deeper and more meaningful relationships and finally having some fun, as all a pretty good case for exploring how to live life with a little more Personal Positivity.

We will be with you every day moving forward, now let's go!! [Pozzam.com](https://www.pozzam.com).