YOU ARE SO APPRECIATED
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The Birth of the ARISE Positivity Cards

It all began with a single thought and a single card, and it grew from there. As a youngster, I never received a compliment. I lived on a daily diet of rejection and criticism. In my family’s eyes and in school, I could do no right. It wasn’t until much later in life when a woman at a conference my wife and I were attending handed me a card that said she was a member of the Man Watchers Society and on the back of the card she had written, ”I find you a very attractive man”.

One day I remembered this wonderful experience and thought wouldn’t it be great to hand out a card that paid an unexpected compliment to worthy individuals. I thought even if they weren’t caught doing anything exceptional, both the recipient and myself would get a kick out of some positive recognition. You’ve Been Noticed Doing Something Very Good, the first ARISE Positivity card was born. Passing these cards out changed my life because when I left home for the day, I was looking for opportunities to pay compliments to every person I met. No longer did I curse at others’ bad manners or shortcomings. I was looking for the good. I had a desire to inspire!

Over the years, I began creating more ARISE Positivity Cards using valuable life lessons I had learned, often at great cost, that I hoped would benefit others. And now looking back on life, I find passing out these little life lessons has been one of the most pleasurable and memorable accomplishments in a life that has reached almost 85 years.

So far, these cards have been printed individually; they are now in this book, available in the iTunes store, Android Market, in English and Spanish Apps so each card can be emailed. They are on the ARISE web site as a deck of 55 cards with 110 images and 12x18 full color posters. Some of the cards were created to be sent by email, others passed from person to person (pay it forward). No matter how they arrive, both the sender and the recipient are transformed when we look for what’s right rather than focusing on what’s wrong in our relationships.

Edmund Benson
Founder of ARISE Foundation
ARISE POSITIVITY CARDS™
MAXIMIZES THE EFFECTIVENESS OF YOUR GROUP SESSIONS

The ARISE Positivity Card deck comes complete with 52 cards, a Joker and easy-to-follow instructions. Use ARISE Positivity Cards as a visual teaching aid to create fun and unique lessons guaranteed to improve learning outcomes and enhance group participation.

ARISE Positivity Cards Offer Quick Enjoyable Lessons that:

⭐ Use attractive graphic images that create visual mini-lessons learners easily understand.
⭐ Create educational and motivational opportunities that promote discussion.
⭐ Encourage participants to discuss thoughts on individual ARISE Positivity Card choices. (This works particularly well in ARISE groups.)

ARISE Positivity Cards can be used to:

1. **Talk.** Select an ARISE Positivity Card. Develop a series of questions related to the topic.
   - Begin with closed questions that require a “Yes” or “No” answer. These are non-threatening and allow participants to respond without too much personal risk.
   - Dialogue and explore concepts with open-ended questions such as “Do you think…?”
   - Or, “What do you assume from this card…?” etc.
   - Make the lesson personal for participants. Ask, “What does this card mean to you?”
   - Reveal consequences by asking “What would happen if…?”

2. **Draw.** Encourage participants to design their own Positivity Card on the same topic.

3. **Sing.** Ask participants to create a rap song for the ARISE Positivity Card topic.

4. **Brainstorm.** Where all participants can see, write the title of the ARISE Positivity Card. Have participants say aloud all they know on the topic. Write their answers below the title. Then, as a form of brainstorming, create a mind map to use for discussion topics.

5. **Simplify.** Divide participants into groups. Let each group summarize the ARISE Positivity Card meaning into a single sentence with the prompt, “The ARISE Positivity Cards tells me ___________________ and I can use it in my life to ___________________.

6. **Play.** Encourage participants to create a skit that focuses on the meaning of a particular ARISE Positivity Card.

7. **Reflect.** Invite participants to select their favorite ARISE Positivity Card share what appealed to them about it.

8. **Connect.** Ask participants why they think “ARISE Positivity Cards” is a good name to use for the cards?

9. **Laugh.** Can’t come up with any other Positivity Card tricks? We all know 52 pick-up, right?

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http://at-riskyouth.org/arise-positivity-cards/  
Toll Free: 1-888-680-6100
This collection of 55 ARISE Positivity Cards come with 110 messages. There are two sides to every card. They are life lessons reduced to just a few words using memorable, often amusing concepts and beautiful graphics. Use as directed, these pocket-sized images and uplifting quotations can change the way one looks at life. Some suggestions for use:

A unique way of saying, “Thank you,” or I apologize.” “I forgive you,” or “I’m sorry,” or “You are so appreciated.” The list is 55 Positivity Cards long (TIMES TWO). Use these provocative memorable messages as:

1. A wonderful, long remembered gift. They will never wilt; need watering and are non-choleric.
2. Send to friends via email to brighten their day, or express how you feel.
3. Print out and create little motivational posters perfect for home or office.
4. Ever regret not having the right snappy retort? Here they are; just hit send.
5. Now you can express yourself perfectly at the click of a button.
6. Choose a card and focus on the message for one solid week. Be ready for remarkable changes.

Available as an iPhone and Android App
The ARISE Positivity Cards

There are 54 ARISE Positivity cards plus the Joker. You will find many fun ways to use them. We recommend choosing a new card each week to focus on and make part of your daily life. Live on the idea, let your brain, muscles, nerves and every part of your body absorb that concept for a full seven days. Certain cards will resonate more than others depending on where you are in life. Check out arisef-life-skills.org for suggestions on maximizing the use of these remarkable life affirming tools. Email these ARISE Positivity Cards to inform, interact or just stay in touch. They are always appreciated.

Susan & Edmund Benson, ARISE Founders
Let a Smile Be Your Umbrella On a Rainy Day.

"Whenever skies are gray,
Don`t you worry or fret,
A smile will bring the sunshine,
And you`ll never get wet"!
You’ve Been Noticed Doing Something Very Good

“It takes no more time to see the good side of life than it takes to see the bad.”
— Jimmy Buffet

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Toll-free: 1-888-680-6100
"It is easy enough to be pleasant, when life flows along like a song; but the person worthwhile is the one who will SMILE when everything goes dead wrong."

— Ella Wheeler Wilcox

ARISE
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Toll Free 1-888-680-6100
Tune out Negativity
Tune in Happiness

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

— Leo Buscaglia

ARISE
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Toll Free 1-888-680-6100
Feeling gratitude and not expressing it is like wrapping a present and not giving it.

—William Arthur Ward
I AM A MAGNET

What I attract, good or bad, is mostly my own CHOICE.

You seal your fate by the CHOICES you make.

ARISE
ariselife-skills.org
Toll Free 1-888-680-6100
I erase all hurt and guilt
I may have caused in past lives and in this life too.
You’ll Catch More Flies With Honey Than With Vinegar.

“Bee” Kind

ARISE
ARISE Adds Value to Lives
ariselife-skills.org
Toll Free 1-888-680-6100
When we refuse to forgive, we live in a prison of our own making. Forgive and be free.
Don’t Let Anything Steal Your Joy
Don’t Let Anything Steal Your Joy
Give Thanks for Your Blessings

“Every year 3.5 million people die of waterborne illness.”

U.N. General Assembly declares access to safe, clean water essential for the full enjoyment of life.

ARISE
ariselife-skills.org
Toll Free 1-888-680-6100
LOOK FOR THE GOOD IN ALL

Since we create our own reality, we make our world a better place each time we acknowledge the good in our circumstances and in the people we encounter.

ARISE
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Toll Free 1-888-680-6100
Relationships are like parking meters: feed them regularly or they expire.
WORDS CAN HURT

Say Something Nice

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This Too Shall Pass

In good times and bad, everything in life arises and passes away.
– King Solomon

ARISE
TEMPE
LOSE IT
AND YOU
BECOME
THE VICTIM
TOO!

Can’t control your temper?
Get used to apologizing...
a lot.

ARISE
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Stop
Anger,
Stop
Worries,
Stop
Negatives.

START LIVING!

ARISE
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Toll Free 1-888-680-6100
It isn’t the color that determines how high they go; it’s the stuff inside that sends them up.

I’m not concerned with your liking or disliking me... All I ask is that you respect me as a human being.

– Jackie Robinson
Dedicated to Ellyn Benson who lives on in our hearts.

My Wish for You Is a Life Filled With

Health
Happiness & Harmony

ARISE

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What Goes Around, Comes Around.

Play Nice

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ARiSE Positivity Cards™
Passion
Perseverance & Positivity
ARiSE
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"We can’t solve problems by using the same kind of thinking we used when we created them.”
—Albert Einstein
You Are Awesome!
If you keep doing what you’ve been doing you’re going to get what you’ve been getting.
Best of Luck

Congratulations!
... MADE MY DAY!
When

CHANGE

Happens

The Only Thing I Have Complete CONTROL Over is MY ATTITUDE

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Worry is a Waste of Time

Worrying is Using Your Imagination to Create Something You Don’t Want

ARISE

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TELEVISION, NEWSPAPERS & ON-LINE

NO NEWS is GOOD NEWS

ARiSE
In the **END**...

We realize most of what bothers us, we created ourselves

ARISE
It is not enough to say we love those who are near and dear to us.

We need to demonstrate IT with acts of loving kindness and consideration.
Lighten Up!

ARISE
If you can’t say anything real nice, not to talk at all is my advice.

Music & Lyrics by Sam H. Stept & Sidney Clare
Three Good Ways to Create Miracles

1. On your way home from work think of three good things about your family
2. On your way to work think of three good things you’ve accomplished
3. Mentally perform a full body scan and think of three health related things you are thankful for
IT’S YOUR CHOICE

Life is like a series of stepping stones. Each stone is a decision you make, conscious or unconscious. It is a clear picture of why your life is the way it is today.

WANT A BETTER LIFE? MAKE BETTER CHOICES!

ARISE
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“Red Light” Affirmations

I have richness and abundance on every level of my life.

I smile and expect the best.

I look at what is right in people, not what is wrong.

I have exactly what I need at any given moment.

I have an attitude of gratitude.

Log onto ariseflifestyle.com for a huge selection of ARISE positive Red Light Affirmations.

ARISE Positivity Cards™

©2008-2013 ARISE Foundation
A Prayer for Troubled Youth

Hear this humble prayer, O God, for our troubled children, for at-risk youth that are abused, misguided and vulnerable; for children who yearn for nothing more than encouraging words and a loving touch; for any that have broken society’s laws and are lost and frightened.

We entreat for them Thy mercy, grace and forgiveness, and for those responsible for their care we ask hearts of compassion, gentle hands and kind words.

Make us, ourselves, to be true friends to these young men and women, and so to share the blessings of the merciful.

Amen.

This prayer was created by Susan and Edmund Benson, Founders of ARISE Foundation, who have devoted the last quarter-century, and plan on dedicating the rest of their lives, to providing easily-understood Life Skills Lessons and Staff Training to those caring for at-risk children and teens.
Please...
Don’t Let
Bad Vibes
Accumulate

ARISE
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Toll Free 1-888-680-6100
Some things need more than stain remover to get them out of your life.

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Toll Free 1-888-680-6100
SMILE at your kids just as you do when being introduced to a new friend – openly, ready to like them.
Air out your home – IN with the positive ... OUT with the negative
Work is work. Home is home. Don’t contaminate one with the other. Drop it at the door!

ARISE Positivity Cards™

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Make your kitchen table a guaranteed Safe Zone.
YES to discussion and laughter!
NO to arguments and yelling!
Lose your temper and YOU become the source for stress.

CHILL!

ARISE

© 2011–2013 ARISE Foundation – Life Skills Lessons & Staff Training
Family Talk First – TV or games after.

© 2011–2013 ARISE Foundation – Life Skills Lessons & Staff Training
Surprise them! E-mail or text something sweet, like “I love you,” “I believe in you” or “I’m thinking of you.”

ARISE Positivity Cards™

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The day’s anger, frustration & negativity need to be washed away the same as your pots and pans after cooking dinner.
Pick some simple action as a reminder. Every time you wash your hands, **SMILE** – and send your stress, worries and frustration down the drain.

ARISE
Treat your kids with the same RESPECT as you treat your boss. You wouldn’t think of yelling and pointing your finger at the boss!
Shift into neutral when someone is speaking to you. LISTEN to their words and to their feelings.
ANGRY BOSS?
Not the family’s fault!
Don’t Bring Work Problems Home.

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CROSS WORDS
Save them for the newspaper.

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Never let anyone in your home go to sleep angry.

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It’s a funny thing about life; if you refuse to accept anything but the best, you very often get it.

– W. Somerset Maugham

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Children learn through observation.

ARISE Positivity Cards™

BULLYING
begins at home - Don’t let it!

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Let’s all decide to live happily ever after.

– Jimmy Buffett

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When children are smiling, they are receptive to almost anything you want to teach them.

— Allen Funt

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Children have never been very good at listening to their elders, but they have never failed to imitate them.

— James A. Baldwin
STRESSED OUT?

Hang in there:
1. Let go of anger.
2. Unclench your teeth.
3. Hum a favorite tune.
4. Focus on the second hand of a clock.
5. Promise yourself a special treat.
6. Remember, this too shall pass.

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I believe that every person is born with talent.

— Maya Angelou
One for all, all for one.

Families who dream together and work together can make their dreams and goals a reality.
You can burn the candle at both ends, but for how long?

This day will never be repeated. Take time to enjoy life.
Don’t Get Steamed...

COOL it!

ARISE Positivity Cards™

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Kindness Consists of Loving People More Than They Deserve.
No, I have to work! Don’t Bother me, I’m tired!
Get out of my face!
Don’t ask me again!

Leave your Bad Day at work.
RULES OF ENGAGEMENT
Calmly SIT and talk it out

ARISE Positivity Cards™
1. You are family, not enemies
2. Understand change is not easy
3. The goal: everyone a winner
4. Listen carefully, no interruptions
5. Children deserve respect too
6. Cool off if it gets too hot
7. Be kind-memories last a life time
8. Keep your promise

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You were right
I Was Wrong

I Apologize!
I am Sorry
Have a Great Life
BALANCE

Eat a little, Work a little,
Exercise a little, LOVE A LOT.

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Mutual trust, mine in you, yours in me. This is the glue that binds successful relationships.
YES, I’ll Be There For You But . . .

Please... Don’t take Me for Granted!

ARISE Positivity Cards™

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PRESS HERE FOR ANGER!

Unmanaged Anger Can Lead to:

1. Headaches
2. Digestion problems
3. Insomnia
4. Anxiety
5. Depression
6. High blood pressure
7. Skin problems
8. Heart attack
9. Stroke
10. Death

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Sorry,
I’m running late.
I’ll be there shortly.
Flip the card and smile.

How did it get so late so soon?
Its night before its afternoon.
December is here before its June.
My goodness how the time has flewn.
How did it get so late so soon?

Dr. Seuss

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YOU ARE SO APPRECIATED

YOU MAKE ME HAPPY!
YOU MAKE ME HAPPY!

ARISE Positivity Cards™

Good to See You!

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Every Day give thanks for waking up on the right side of the grass

ARISE
There is No Expiration Date on Kind Words
Enjoy this day – it’s a gift.

That’s why it’s called

the present.

ARISE
YOU ROCK

YOU are WAY TOO COOL

ARISE

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1440 Club

There are 1440 minutes in a 24 hour day.
Your goal is to give silent thanks every waking minute for the blessings you have in your life.
This commitment will place a perpetual smile on your face.
Expecting Extraordinary Results From Ordinary Effort Is Like Expecting A Bull Not To Charge Because You Are A Vegetarian.

ARISE
“Please” & “Thank You”

Good manners will open doors that the best education cannot

— Supreme Court Justice Clarence Thomas

Three words that will make people Love, Respect and Remember You:

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Down through the ages, chicken soup has been valued and appreciated for its soothing and healing qualities.

Feel Better.

You’re very important to everyone who knows you.

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I SURRENDER

Drop Your Burdens into this Antique Walnut Box

Let go. Mentally Place Your Worries, Stress and Fears in This Beautiful Box. Free Up Space in Your Mind for Good Things That Are Coming.
10 BIG Things YOU Control

1. Trust Your Family Has In You
2. The Smile On Your Face
3. Your Honesty
4. Manners
5. Habits Good and Bad
6. How Well You Listen
7. Negative Self Talk
8. How Much You Worry
9. Your Attitude
10. Kindness to Others
I Love You, and I Want the Whole World to Know It
I Want You To Know

“"I wouldn’t have nothin’ if I didn’t have you"

Lyrics by Randy Travis - Songwriters: Skip Ewing Max Barnes

ARISE Positivity Cards™

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Give Thanks For What You Have

“You Never Know Just How Good You’ve Got It Until You Ain’t Got It No More”

George Jones – Country Western Singer. Album Title – The Cold Hard Truth

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Like pushing string or herding cats

Some Days Are Like That

ARISE Positivity Cards™
Pause and Take a Deep Breath before responding to insults and criticism that come your way in life.
Resist Temptation
Use Won’t Power

WILL power often lets us down
WON’T Power Is What Truly Counts

ARISE Positivity Cards™

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YOU Are the Best Thing Since...
Sorry I dropped the ball.
I hope there are no hard feelings.
Gossip is social sewage we pour into each other's ears.
CONNECT THE DOTS

I love you not only for who you are, but for what I am when I'm with you.
I forgive you because it’s good for ME.

Forgiveness is not something we do for others. We forgive so we can move on with our lives.
You’ve got what it takes!

We Are Totally Proud of You

ARISE
Want to Feel Good?

Find three people you can make smile by telling them you appreciate them.
Communication Killers

1 - Interrupting  
2 - Lecturing  
3 - Threatening  
4 - Yelling  
5 - Criticizing  
6 - Overpowering  
7 - Finger Pointing  
8 - Negative Body Language  
9 - Repetition  
10 - Over Analyzing

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Drop Negatives At The Door

Work is Work. Home is Home. Share the Good Stuff. Drop the Negatives At The Door!
Gratitude

Gratitude, the garden that blooms eternally
Everyone Will Listen if You...

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Show Interest  Keep it flowing
Encourage     Empathize
Support       Make Eye Contact
Don’t Judge    Positive body language
Repeat to clarify  DO NOT INTERRUPT

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Monkeys See. Monkeys Do

Humans have the same type of mirror neurons found in monkeys. We too learn by watching and imitating others.
Parents have a responsibility to live up to their promises.

And the children are right, to expect this from you. Promise and then follow through.

ARISE
I don’t like broccoli, cauliflower I don’t like too, I don’t like anything that’s good for me

But I do, do, do, do LIKE YOU
The mind is like an ATM.
Deposit positive thoughts, withdraw happiness.
Deposit negatives, withdraw gloom.
It’s that simple.
Bully Victims
You did not cause the problem.
Don’t attempt to solve it yourself.
Ask Family, Friends, School, Police for help.
Download The FREE ARISE Bully Book @ at-riskyouth.org
Children need patience, guidance and positive role models.

They’re Children—If the right they always knew, they’d be about as old as you.
10 Reasons to Smile

1. You’ll look attractive
2. Changes your mood
3. It’s contagious
4. Relieves stress
5. Boosts immune system
6. Lowers blood pressure
7. Natural pain killer
8. You’ll look younger
9. Erases negative thoughts
10. You’ll stay positive
Every Family Needs to Set Goals.

Goals Should Be Measurable, Attainable, Realistic, and Time-bound
I'M SORRY

PLEASE FORGIVE ME.

It's my fault. What can I do to make it right?

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Fifteen Quick Draw Facts

When Speaking - Use I Statements
Listen, Pay Close Attention
Encourage Sharing of Thoughts and Feelings
Understand Other’s Needs
Demonstrate Love and Compassion

ARISE Positivity Cards™

SIT calmly, discuss
Never stand and point
Find solutions not faults
Show respect
Build trust

Admit you were wrong
Work together for solutions
Show reliability and cooperate
Agree on mutual solutions
Always be a straight shooter

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When was the last time you said I love you to family members?
If you don’t have time to do it right,

when will you have time to do it over?

— Coach John Wooden

ARiSE Positivity Cards™

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Studies show regularly eating dinner as a family has huge benefits.

The Dinner Table is the Boot Camp of Civilization.

Miss Manners

ARiSE

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Don’t compound it.
Step back—Take two deep breaths.
Why risk screwing up even more.

Lost your temper?
Made a mistake?
Blown the diet?
SURPRISE!

The difficult people in your life think YOU are the problem.

ARISE

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God is my GPS showing me where I am

and the best route for where I am going.

ARISE

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GOD WILL NEVER LEAVE YOU ON EMPTY
Place Your Order
God Delivers Too
Faith is believing in things when common sense tells you not to
It’s a scientific fact that the brain can only hold one thought at a time. Replace negative thoughts when you are angry, sad or worried - **SMILE**.

Decipher the message inside each letter on the reverse side.
It’s our positive wish for you. Give up? Go to...

**LIVE HAPPY**
When There's Trouble, Who Do You Call?

The Police, That's Who

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SMILE

PASS IT ON

ARISE Positivity Cards™

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In challenging times you can dwell on what’s wrong in your life, or you can focus on what’s right, give thanks, smile and live optimistically.
Those who sleep well at night have learned to control their mind.

As your head reaches the pillow tell your mind to send a message to your body that tonight you will experience a deep, peaceful, luxurious sleep. Now let your cares go and share your biggest, best smile with the world. Sweet dreams.
Think of your mind as a beautiful flower garden. It’s up to you to regularly rid this garden of “crabby grass” “bugs” “weeds” (anger, stress, negative relationships) that sap your energy and enjoyment.
Please, no sad stories. I want to hear tales with happy endings.

Sad things happen. They do. But we don’t need to live sad and share sad.

Let Sadness Die Soundlessly

ARISE

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U Turn Permitted

HAPPY SAD

"Happiness is not something ready made. It comes from your own actions."

- Dalai Lama XIV

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Toll Free 1-888-680-6100
Lucky Me!

It is my good fortune to have met you
Thank You

I Truly Appreciate Your Efforts
THE ALPHABET
No letter has meaning on its own. To have meaning, it must be joined to others to make words, sentences, paragraphs and stories. The same is true of lives. No life has meaning on its own. It must be joined to other lives and families.

– Chief Rabbi
Lord Jonathan Sacks
GOOD LUCK!

This card will bring you GOOD LUCK

Activate this precious gift by smiling at the next person you see

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SINCERELY

YOU
Are Beautiful
Just the Way
You Are

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Repeat after me:

I feel great!
I have the energy, passion and desire to successfully accomplish anything I want.
Say It Like You Mean It!

The sun and stars are reminders to continue this exercise all during the day and at night.
Happy or Sad,

it’s pretty much up to you.

The Ball’s in your court.
21 DAYS
(Time it takes to create a new habit)
Filling the mind with positive statements and smiles reduces worry, stress, negative, and depressing thoughts.

Repeat After Me... Say-It’s All Good, Big Smile, Repeat, It’s All Good, Smile. Throughout The Day Sing, Hum, Feel, It’s All Good!
Smile, Smile, Smile.
Drop those missteps at your feet and use them as stepping stones.

Oops!
Mistakes are part of life’s journey; learn and move on.
1. Connect to something bigger than you.
2. When you learn, teach. When you get, give.
3. Now and then cause someone to say: “You made my day”.
4. Never regret. If it’s good, it’s wonderful. If it’s bad, it’s experience.
5. Live The Three H’s- Healthy, Happy, Harmoniously.
6. Smile, be as kind at home as you would be to total strangers.

Six Ingredients For A Meaningful Life.
Life can only be understood backwards, but...

... it must be lived forwards.

— Soren Kierkegaard
Someone Turned You Down?
Don’t Feel Bad.
Look At It This Way-
What Happens,
Happens For The Best.

It’s PROTECTION,
NOT Rejection!
Is Constructive Criticism Really Constructive?

"Construct" means "to build."
"Criticism" means "to tear down."

If you must point out a shortcoming in someone try the hamburger approach.

Compliment → Positive Feedback → Compliment

ABOVE ALL BE KIND
The rage we express to our children and spouse is often created by frustration with others we cannot disagree with so we vent our anger on those in our lives who are most vulnerable. Even those who love us the most.
These four words provide the basic formula for a meaningful life.

Faith • Family
Forgiveness • Friendship
Life is like a roller coaster.
Up Down, Up Down.

Hang On, Enjoy the Excitement.
It Will Be Over Before You Know It.

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Good for You

Smile - It’s All Good
YOU first, babies later
Affirm that you look and feel great
Choose a calling you’ll love
Your friends reveal your future
Be slow to anger, quick to forgive
Protect your dreams from sabotage

Share This

Worry is a waste of time
Respect yourself or no one else will
I love and approve of myself
Losers will take you down
Eat healthy, exercise it’s a must
I make good decisions
It’s better to be alone than with the wrong partner
Most strong emotions don’t last longer than 90 seconds. If you can stay in control and let yourself feel this emotion without reacting, it will pass like a motorcycle whizzing by your car on a highway.
count your blessings

When I’m worried and can’t sleep, I count my blessings instead of sheep”.

Lyrics by Irving Berlin
Consider which choice brings the most positive change in your life. Clarify your goals. List your options.

Live with each decision for a day or two. See which one gives you a greater sense of comfort.

Ask for spiritual confirmation. Look for signs and feelings that will surface.

Imagine what advice you would give a friend regarding the same decision you are facing.

Think of yourself far in the future and imagine asking yourself: what decision should I have made?
If you want OTHERS to be happy, practice compassion.

If YOU want to be happy, practice compassion.

His Holiness the Dalai Lama
Tell me how you spend your time and I will predict your future.
For Services Rendered

IOU

BIG TIME

More than I can ever say

ARISE Positivity Cards, Page 158
A lifetime of happiness lies ahead of you.

GOOD LUCK!

ARISE Positivity Cards™

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I Shine for You
You are my Child, my Love

Please understand:
I made you in my image.
You are perfect and I accept you just the way you are.
Sorry
I Apologize

I’ll be your best friend if you forgive me.
Accept Yourself   Forgive Yourself
Love Yourself
Value Yourself   Trust Yourself
Deep down inside you know what’s right for you, and what’s wrong.

You have to trust your gut, intuition, karma, whatever. This approach will never let you down. It can make all the difference in your life. Don’t let the noise of others’ opinions drown out your own inner voice. And most important, have the courage to follow your heart and instincts.

—Steve Jobs
Your mate determines your fate

Take your time, choose wisely my friend.
“No matter what I’m wearing, or where I am, drunk or sober, no man has the right to go beyond the word NO!”

-Vice President Joseph Biden Jr.

In Every Language, No Means No!
If you don’t NEGOTIATE you lose.

Negotiation is like dating, the more assets you have, the more valuable people think you are.

Prepare, don’t go in cold. Carefully explain what you can do for the company.

Know what you want and ask for it.

Never, never put yourself down.
Pay Yourself First - Begin by Saving One Penny of Every Dollar You Earn. Before the Bills, Groceries, Car Payment, Landlord, Fun, Whatever.

SAVE Money for Education, Nest Egg, Home, New Car etc.

Build Financial Security - Avoid Begging and Pleading When You Face Emergencies.

Getrichslowly.org
Say Yes

No Thanks

Avoid Those That Pressure You.
You Have The Power.
Don’t Go Along Just To Get Along.
Practice Turning People Down in a Nice Way.
Go For It!

“There’s A Whole World Out There”.

This Card Provides Official Authorization For You To Choose The Life That Will Make You Happy.
The World is Nuts

If You Expect Honesty, Fairness or Perfection You Will BeHeartbroken. Once You Accept That You’ll Be Happy.
This Is Your Life. It's Not A Game.

Every Decision, Good Or Bad, Is Part Of Your Life’s Puzzle. Good Choices Fit. Pieces Forced Into Place Become Challenges You Must Face.
When It Comes To Your Good Health, Trusting To Luck Doesn’t CUT It.
Life is like a game of cards.

Fate dealt you a hand; the way you play it is up to you.
HAPPINESS?

The reason people find it so hard to be happy is that they see the past better than it was, the present worse than it is, and the future as cloudy with a chance of rain.
RESPECT!

GIVE IT.

DEMAND IT!
Love is Fleeting.
Tattoos are Forever.
You’d cry too if you were born into a life of poverty.

I’m not stupid. I certainly wouldn’t choose a depressed, single, teen mom who will curse me at every diaper change and when I cry for food. I know she’s already blaming me for ruining her life. I’m the one that deserves pity.
I'M STILL UNDER CONSTRUCTION

Cut Me Some Slack

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IT WAS BAD FROM THE GET-GO.

My teen mom wanted a toy to love - no job, no dad, no future. Now I’ve got a life that sucks. Can I blame her? You bet!
You Can Do It

I Believe in you!
Look At It This Way- If You Wouldn’t Trust Your Cash Around This Guy Why Would You Let Him Baby Sit?
Sexual Predators Can Look Like You and Me.

Chances Are You Already Know The Person Who Can Scar Your Child for Life.

Unproven Trust Gives Others the Power to Break Your Heart.
Carefully Place All Your Hopes And Dreams In One Hand. Next Pick Up Sand With The Other. Which Hand Filled Up First?

Dreaming And Wishing For Things Is Like Sitting In A Rocking Chair. It Keeps You Busy But Gets You Nowhere. Find A Purpose You Feel Emotional About. Set Goals, Focus, Refuse To Quit. This Beats Hoping And Dreaming Every Time.
The First to Apologize is the Bravest. The First to Forgive is the Strongest. And the First to Forget is the Happiest...

Be Happy—Let bygones be bygones
2 Minutes is All it Takes

Devote Two Minutes of Your Undivided Attention Daily, expressing love, respect, admiration for your child, partner or spouse and watch these relationships bloom.

LIKE
Contagious!

Smiles    Laughter

Happiness

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Sexual Harassment Is:

UNFAIR

UNWANTED

UNACCEPTABLE

And

UNLAWFUL

eeo.c.gov/eoec/publications/fs-sex.cfm

You Hurt Me.

Would you look at your mother or sister’s body like that?

What you said was inexcusable!

I am not a dummy in a store window.

I have feelings.

STOP IT!
SOCIAL TIES

You’re lonely. Are there people you can speak to?

Someone dependable to give you good advice?

Are you comfortable with the way others see you?

Is your family happy with the life you are living?

Are you considered trustworthy by your friends?

Would friends respond to your 911 text at 2am?

Do you pay enough attention to your friend’s interests?

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Payday Loans, Don’t Get Trapped!

Finance charges can easily climb to $60 to borrow $100.

Heaven forbid you roll that loan over. The interest payments grab you and never let go.

There are alternatives: consumer.ftc.gov/articles/0097-payday-loans
As we buy more and more things, we don't get any happier. We simply need new stuff to consume.

“Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.”

Epicurus, an Ancient Greek Philosopher
Live, so that as your children
FLOURISH, they will think of you as the
FAIREST, most
FORGIVING person ever.
In the olden days, sailors used this nautical star as a good luck symbol to sail safely towards home through the roughest weather.

“Family’s the luck of the draw. What you make of yourself, because of or despite it, that’s where the spine and heart come in.”

-Nora Roberts
I Want a Baby!

I don’t care if it’s born in poverty.
Am I selfish because I want someone to love?
(You be the judge.)

1. Children of teen mothers are more likely to experience homelessness, juvenile delinquency, and incarceration.
2. Fathers are less likely to be in the same home as children of teen parents.

3. Children of teen parents have more health problems.
4. Children born to teen mothers are more likely to be abused, abandoned or neglected.
5. Children born to teen mothers often end up in foster care, partly due to higher rates of abuse.
6. Children born to unmarried, high school drop-out, teen mothers are 10 times more likely to live in poverty than those born to married women over the age of 20.
7. At age 24, 30% of children of teen parents are not in school, working, or actively looking for a job.
Warning: I go ballistic because I don’t think you’re listening so:
I get angrier and angrier and angrier!!!

Tomorrow we’ll have to live with the things we said today.

1. Choose a convenient time to talk.
2. Sit. No standing. Keep it short and to the point.
3. Make eye contact to ensure attention is not drifting.
4. No hurtful name calling, raised voices or interrupting.
5. Snacks are always a good idea.
They Said I was Stupid
I’m Fat
My Hair is Ugly
My Credit Sucks
He wants the rent by the 10th.
He lied to me... again.
He Cheated on Me
Damn I can’t get into these...

Challenge Negative self-talk.
Feed Your Subconscious Mind
Positive Smiling Thoughts Like,
I’m Happy. Today is The Best Day
of my Life. I’m beautiful in my own
special way. I Can Accomplish
Anything I Set My Mind to.
Hey, call in sick for me. I feel like binging on TV.

Successful People Do Things Failures Don’t Like To Do

They are reliable. Trustworthy. They make promises and keep them. They appreciate what they have. It’s called an attitude of gratitude. They are positive. Even when times are tough they look at the bright side of life. They have goals and refuse to quit until they achieve them, no matter what.
Preparation Makes Everything Less Stressful.

SPEAK UP

Asking for a Raise, Fewer Hours etc.?
1. Roll play the “ask” with a friend.
2. Refer to the company as “we”.
3. Make your “ask” in person. Avoid email.
5. Maintain that relationship so you can “ask” again.
6. Follow up your “ask” with a pleasant email.
HELP
WANTED
If you were the employer, would you hire YOU or a person with the following qualities?

Computer literate? Pleasant to be around?
Good verbal and written skills? Enthusiastic?
Motivated to learn? Dependable?
Listens carefully?
Daily
On
Awakening
Big smile-
This is the
best day
of my life.
I look forward
to good things
coming my way.
I will be kind to
myself and
others.

THOUGHTS
BEFORE
SLEEPING
I forgive
myself for
mistakes I
made today.
I smile,
inhale deeply,
and truly feel the
gift of life.
I have sweet dreams
and sleep peacefully.

Rain or shine,
today is my
most beautiful
day, ever.
I drop my
worries on the
floor. I never take
them to bed.
You are a sexual target when you have had too much to drink.

You are at risk of being verbally and physically harassed by men.

Men see women as easy targets when they are intoxicated.

Don’t expect bar or club staff to step in and stop sexual aggression.
You are the answer to my prayers.

"Once in every life someone comes along and you came to me. It was almost like a song."

-Ronnie Milsap
A simple recipe for long term, solid relationships. Feel free to add to the ingredients.

100% Acceptance
100% Forgiveness
100% Respect
Your best investment is YOU.

Instant gratification isn’t all it’s cracked up to be.

1. Plan long term
2. Maximize your education
3. Mergers - choose your mate carefully
4. Kids can wait. They drain your resources.
5. Good credit is precious. Pay your bills on time.
6. Win or lose do your best. Don’t blame anyone else.
THAT’S WHAT FRIENDS ARE FOR

FOUR
BEAUTIFUL WORDS

LET ME HELP YOU

ARISE Positivity Cards™

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PLEASE DON'T LET ME DOWN

broken promises

Each of us is only as good as our word.
Follow through on your promises.
SMILE

Smile when you’re happy,
Smile when you’re sad.

Smile when you grin,
Smile when you sin.

Smile when you’re hired,
Smile when you’re fired.

Smile when you’re up,
Smile when you’re down.

Smile when you’re walking, Smile when you’re talking.

Smile when you’re heavy, Smile when you’re thin.

Smile when you’re going out,
Smile when you’re coming in.

Smile at your honey,
Smile when you think you’re funny.

Smile when it rains,
Smile when it pains.

Smile when you’re rich,
Smile when you’re poor.

Smile when you push open the door,
Smile as you get into bed.
Smile when you’re cold and dead.

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Before You Unzip...

Think Ahead.

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Doesn’t it make sense to hold off on babies?

Consider this:
most teen relationships rarely last as long as a pair of sneakers.
Some relationships are like prescription drugs with potentially dangerous side effects.
GRATITUDE

Once a day list ten things you are grateful for and count them out on your fingers.

— Oxford clinical psychologist Mark Williams

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If you are depressed,
you are living in the past.
If you are anxious,
you are living in the future.
If you are at peace,
you are living in the present.
- Lao Tzu

“Because one believes in oneself, one doesn’t try to convince others. Because one is content with oneself, one doesn’t need others’ approval. Because one accepts oneself, the whole world accepts him or her.”
— Lao Tzu - Chinese philosopher (531 BC-604 BC)
I see at a glance you are:

Positive
Outgoing
Giving
Fun to be with
Understanding
Interesting
Warm
Bright
Determined
Attractive
Helpful
Perky
Gentle
Considerate
Compassionate

ARISE Positivity Cards™

Friendly
Dependable
Secure
Trusting
Successful
Spontaneous
Decisive
Capable
Agreeable
Reasonable
Honorable
Truthful
Sincere
Accepting
Composed
Efficient
Loyal
HONESTY

- You can lie about your weight
- Fib about relationships
- Even exaggerate your education

But never deceive your children through words or actions

ARISE Positivity Cards

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You’ve Been Noticed Doing Something Very Good

“It takes no more time to see the good side of life than it takes to see the bad.”

— Jimmy Buffet

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ARISE Adds Value to Lives

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