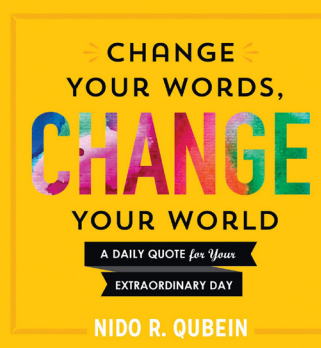
#EVERYDAYMATTERS

Change YOUR WORDS change your WORLD





In his book **"Change your words, change your world"**, Nido Qubein explains that much of our life journey depends on our attitude, our beliefs, our behaviours and our words.

AS WE BID FAREWELL TO 2020, if you are feeling a bit defeated, negative or gloomy, take a page from Qubein's book – YOU have the power to make a choice every day to stay positive, upbeat and grateful.

Although 2020 has been a year we'll never forget, take stock of all that is good in your life, and choose to end this year on a high.

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