

DAVID MEZZAPELLA

ON CONTAGIOUS OPTIMISM

Positive Forward Thinking

#wakeup happy

the ability to find a silver lining in every cloud and apply it to yesterday and today with the confidence that tomorrow will be better.

hope

1. GRATITUDE
→ even for the smallest things

2. STORIES



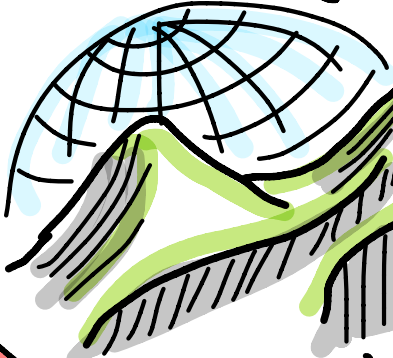
3. REFLECTION

4. MAGNETIC



5. ALTRUISM
time, talents treasures

STORIES Matter. Indeed.



RESILENCY

- ◻ READ
- ◻ MEDITATE
- ◻ CONNECT



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