



# RISE ABOVE



## YOUR MAGIC BUBBLE

Greetings!

Goldie, Red and I have found a "Magic Bubble" for you. It is the bubble you can create, using the example below for yourself.

***Inside the bubble is you and only positive thoughts.***

***Outside the bubble are negative thoughts.***

*"I think about my inside bubble every day!!! I hope you will as well. It is great for creating Better Mental Health".*



I send best wishes and encourage you to "RISE ABOVE".

John Melnick  
Distinguished Toastmaster  
Phone: (204) 471 8816  
email: [Johnmelnick@shaw.ca](mailto:Johnmelnick@shaw.ca)

[www.johnmelnick.ca](http://www.johnmelnick.ca)