

ART KIT  
# 13

# Post-it notes







put on mirrors, windows, lunches, car, ... anywhere!

from Rhonda Williams  
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Post to # ART B CAUSE LLC.

POST-ITS WERE ORIGINALLY A MISTAKE. Researchers were trying to make a very STRONG adhesive for aircraft construction. It took 10 years before the company began selling post it notes. Sometimes what looks like failure is an unexpected victory!

## WORDS have POWER

Whether words are spoken or written they have influence on others - for good & bad. Use these post-its to encourage people around you - family, friends, neighbors - even strangers. Have you thanked the postal delivery person recently?      

## POSITIVE SELF TALK.

LISTEN to the WORDS YOU SAY TO YOURSELF. EVERY DAY. DO YOU ENCOURAGE YOURSELF OR ARE YOU VERY CRITICAL? WE CAN CHANGE. SINGING A SONG WITH GOOD LYRICS OR SAYING AN AFFIRMATION OVER & OVER CAN HELP OVERCOME NEGATIVE THINKING.