How can I balance my bad news with good news?

Take a moment to think about all the good and bad news you balance in life. Can you actively balance your bad news by adding more good news?

“Our other challenge is to not let the bad news overwhelm us... learn to balance our negative input by increasing awareness of what’s good...”

- Hal Urban

Next Stop:
5. A = Appreciate (Part I), Peace Garden

Scan here to learn more about the Armillary Sphere!

Keep walking the URBAN Trail to learn how to increase your good news...