OMITTING THE NEGATIVE TEXT MESSAGE

Text Message
The hardest part of omitting the negative is developing and maintaining the willpower and mental toughness required to truly repel negativity from your life. Most of the actual strategies for omitting negativity (avoiding negative people, ignoring negative comments, etc.) are fairly simple and straightforward. Keeping this spirit of simplicity in mind, compose a 10-second text message that sums up how you will omit the negative from your life and your career.