

Positive Minds Connect Newsletter

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Welcome To Our June Quarterly Newsletter

Yvette Kelley, Founder/Executive Director

Positive Connections To The World, LLC (PCW)/ Achieving Positive Thinking Worldwide 501(c)3 (APTW) - CALIFORNIA

Thank you to **Walmart Neighborhood Market** and **Walmart Super Center**, as well as **Sam's Club** for your positive support! Since the first Walmart store opened in 1962 in Rogers, Arkansas, they have been dedicated to making a difference in the lives of their customers. Their business is the result of **Sam Walton's** visionary leadership, along with generations of associates focused on helping customers and communities save money and live better. This rich heritage defines who they are and what they do today.

Thank you for your positive **Big Day of Giving** donations: Ms. Diana Miller, Ms. Caroline Barker, Ms. Arlene Oliver, Mr. Charles Hanover, Mr. Mario Acevedo, Ms. Margie Abernathy, and also to our anonymous donors too! A very special and positive **Shout Out** to Ms. Diane Rohleder for your recurring monthly donation!

Support APTW's positive mission - SAVING minds through positive thinking.
A mind it is a terrible thing to waste.

Thank you to all our new and returning volunteers! To date we have over 35 volunteers who will be helping with our FREE charity events. For more information visit our websites

<https://www.achievingpositivethinkingworldwide.org>
<https://www.positiveconnectionstotheworld.com>

Meet our teen Ambassador for Achieving Positive Thinking Worldwide, Alexis Watkinson! - VIRGINIA

Alexis is a rising senior at The Potomac School in McLean, Virginia and is a local title holder in Miss VA Outstanding Teen's pageant system. Alexis has been promoting her platform, the Power of Positive Thinking, for 3 years now, and part of Alexis's work involves putting on workshops that empower young ladies with practical knowledge about positive thinking. In Alexis' workshops, she explains the benefits of having an optimistic mindset, talks through the various emotions that we all have, leveraging on Disney/Pixar's movie, "Inside Out" and then explains how it is possible to 'retrain our brains' to achieve an optimistic mindset each day. She explains that this will require a conscious effort, similar to a daily workout routine, and some level of repetition, but it really works! Alexis talks about some of her techniques and sometimes she hands out paper, pens, and jars, to help the girls start their own Happy Thoughts Collector jars that they can take home and use each day. Alexis also explains why volunteering and giving back to our communities is an important part of maintaining an optimistic mindset, because gratitude is associated with optimism. Volunteering and serving others is also a great way to fight off the blues, because helping others feels good!

Facebook: <https://www.facebook.com/aaalexistaylor> or
<https://www.facebook.com/alexis.watkinson.7>

Instagram: alexisthinkspositive, Twitter: @aaalexispositive

LinkedIn: <https://www.linkedin.com/in/alexis-watkinson-44b4b4162>

Happy Father's Day!

Sheila Kwok, Founder, Design on a Dime - VIRGINIA

Sheila Kwok is a sister, mother, grandmother, wife and friend. She started her company in September of 2016. She has a small in home business she created from her love to craft and create using her hands. She adds her very own personal touch to each and every vanity tray that she creates. She is a very upbeat, and attentive to detail individual. She has taken an old time beauty item and put to it her envisioned look of class, elegance, sparkle, and shine. Which gives each tray a unique design, look, and feel. In addition to being the owner of All Things Vanity, Sheila loves to decorate and design her home as well as the homes of her close friends and family. Because of her love for creativity she is an avid DIY'er at heart. She currently resides in Richmond, Va. (she moved here after marrying her husband of whom she has been married to for 6yrs. Her family still lives in North Carolina, where she was born and raised). When I think of the way that I love life and understand the benefits of always looking on the bright side of things I share this through my hands craft of making vanity trays. People may find me on Facebook and Instagram @All Things Vanity. LinkedIn: <https://www.linkedin.com/in/sheilakwok>

Fran Briggs - Director at Get Sponsors - ARIZONA

ABOUT FRAN BRIGGS Fran Briggs is an award-winning writer, professional journalist, and the Director at www.GetSponsors.4mg.com (How to Get Sponsors). Her work has been featured by EIN Newsdesk, CNN, FOX, ABC, NBC, CBS, Oprah, ABC's, The View, Black Enterprise, Entrepreneur Magazine and more. Her clients include recording artists, professional athletes, Olympic Champions, speakers, authors, children, Mothers of five, writers, entrepreneurs, and more.

Can You Spare Some Change?~ By Fran Briggs

Did you know that many of us are just as uncomfortable when a stranger asks us for "some change" as we are when we ask ourselves for change? Human Beings are creatures of habit. We have a propensity to engage in that which is predictable and involves minimal risks. The very thought of change can generate feelings of unease and resistance. For many, change represents a disturbance of their status quo. But status quo represents a plateau state of existence so, why not disturb it? Look at your life today. What improvements can be made? Transform that vision into the motivation needed to take action. If you approach change as opportunity to enhance your life, and you will. When we choose not to change, we set ourselves up for lethargy, boredom and a life which lacks ambition. Fran can be reached at LinkedIn: <https://www.linkedin.com/in/franbriggs>

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COLLABORATORS:

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- **Alexis Watkinson, Ambassador for Achieving Positive Thinking Worldwide Virginia**
- **Sheila Kwok, Founder, Design on a Dime - Virginia**
- **Fran Briggs, Director at Get Sponsors - Arizona**