

GOOD NEWS

The *Science of the Positive* tells us that by focusing on the positive (Good News), we can actually improve our lives and grow the positive around us.

Good News NC

"The Positive is the spirit of hope and community that we all share in the knowledge that, irrespective of our temporary conditions, we can better ourselves, our cultures and the world." – Dr. Jeff Linkenbach

Why Good News?

There are so many ways that positive news can improve our lives by bringing emotional well-being, inspiration and health. We know that we won't have to look to far in Nevada County to find Good News about people young and old here in our wonderful community.

Share your Good News...

"I just got accepted to the Design program at Arizona State University!"

"I helped build an outdoor recreation area for my neighborhood."

"I overcame a life-long illness and survived open heart surgery."

"My grandma bought me a car for getting straight A's all year!"

"I have healthy and rewarding relationships with people who love me."

"I'm learning daily and gaining confidence in my ability to love myself. "

"I got to watch my sister get sober."

"I am graduating high school"

"I believe I can succeed."

**Submit YOUR
Good News NC story
www.goodnewsnc.us**



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with
**Good
News**

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