

Optimist Newsletter Continued



Ed Harrison
Memorial
Golf Scramble

Financial Support for:



To sum up, when thoughts are pressured, we freeze up, tighten up and do worse. How should we think?

- 1) Focus on what you can do-write things down that bother you. Realize what you can control.
- 2) Take a minute to change negative thoughts. Have a pre shot routine.

Adjournment
1:00 PM

Respectfully submitted,
Sally Olson



Speaker LeAnne Farr and
President Emily at River Pointe
Health Campus lounge.

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