



A Chapter Activity Companion to Barb Cady's "Real People ... In Their Own Words" blog series

(Available at <https://blogs.tops.org/monday-moment-of-truth/tag/back-to-basics/>)

Let's get back to the basics of our TOPS® journeys, using the alphabet to enrich our positive self-talk. Going from A to Z, what words will you choose to help you find and sustain the healthiest, happiest life possible?

A _____

N _____

B _____

O _____

C _____

P _____

D _____

Q _____

E _____

R _____

F _____

S _____

G _____

T _____

H _____

U _____

I _____

V _____

J _____

W _____

K _____

X _____

L _____

Y _____

M _____

Z _____