



Positive Flow Foundation Newsletter

May 2012

BUSTA ST. JAMES @ SYMANTEC'S BRING YOUR KIDS TO WORK DAY

WWW.POSITIVEFLOWFOUNDATION.COM

Bring Your Kids to Work Day...

On April 26th, Busta St. James participated in Symantec's Bring Your Kids to Work Day. Busta has a special relationship with the folks at Symantec and he attends many of their events. Busta was quite active during the day playing parts in presentations, emceeding the giveaway raffle and posing for pictures with the kids.



Busta participated in the *Interdepartmental Skit* presentation. For this presentation, Busta interviewed for 'The Million Dollar Job'. The interview questions focused on the importance of different departments within a company working together. When departments work well together as a team, a business/organization produces better results. And when people from different backgrounds work well together, the results are even better! That's the way life is. Harmony and teamwork make the world function. And Busta got the job... with a little help from the kids!



The day ended with Busta presenting gifts via the raffle and taking pictures with the families. It was a great day for Symantec, the families and Positive Flow.



About Us...

Encouraging and motivating young people to be more positive in life through interactive mentoring. Positive Flow Foundation (PFF) is a 501c3 nonprofit organization. We are dedicated to changing society's future beginning with the generation of young people today. They have the power to "bettering" our future. We have currently served thousands of young people in schools and in the community. Look for us in a school or neighborhood near you.

Edison Park Elementary...



On April 12th, Positive Flow visited Edison Park Elementary school in Miami, FL. Since the students were gearing up for the FCAT, Positive Flow wanted to encourage and motivate the kids to do their best. The students and faculty of Edison Park welcomed Positive Flow members Brian and Busta with open arms. Brian and Busta had a great time at Edison Park. Principal Carla Patrick took Brian on a tour of the school and let him sit in on some of the classes. She also gave him some history of the school and the local area. Busta visited all of the 3rd, 4th and 5th grade classes to give a little inspiration. His message was keep smiling, enjoy life and always do your best at everything you do. Busta had a chaperone because as you know, he can get a little out of hand at times.

Big Papa Pump and Country Boy G thrilled the kids with their music, dance and video. Big Papa Pump is a true Miami Dolphin's Fan. Ricky Jean Francois of the San Francisco 49ers talked with the kids about the importance of doing well on the FCAT.



Ricky grew up in the same neighborhood as some of the kids at the school. Brian completed the event by stressing the importance of self-esteem, being happy and doing well in school. The kids even got to sing along with Brian when he performed "Throw Some A's".



The event was a success! We donated sports packs, water bottles and school supplies for all of the 3rd, 4th and 5th grade classes. The kids had a great time and all of the speakers enjoyed themselves, as well. Positive Flow would like to thank everyone that assisted in making this event happen, including: our donors and the staff and students at Edison Park Elementary. We hope the kids did well on the FCAT!

Check out all the pictures from the event on our website!



Positive Thoughts of the Week...

...by Busta St. James



Every motion you make, every action you take, and everything you do begins with a Thought. It happens quickly; you really don't think about thinking, it just happens. We here at Positive Flow Foundation wanted to capture some encouraging thoughts, ideas, sayings, and quotes that we have read and heard and pass them along. After all, a thought cannot be heard, but the action of that thought can! Why not make that thought a POSITIVE one!

Be sure you visit our website (<http://www.positiveflowfoundation.com>) on a weekly basis to get your weekly Positive Thought of the Week!

Here are the Positive Thoughts of the Week since the beginning of 2012:

- 1/1/2012: Nobody can go back and start a new beginning, but anyone can start today and make a new ending.
- 1/8/2012: Don't judge people by their skin color, hair color, their body size or their outer beauty. If you do, you will entirely miss who they really are.
- 1/15/2012: No matter how good or bad you think life is, wake up each day and be thankful for life. Someone somewhere else is fighting to survive.
- 1/22/2012: Forget what hurt you in the past...but never forget what it taught you!
- 1/29/2012: Every accomplishment starts with the decision to try. Don't let the words "not possible" steer you away from trying!
- 2/05/2012: Never let the odds keep you from doing what you know in your heart you were meant to do!
- 02/12/2012: Don't be a BACKUP plan for someone - and definitely NOT a second choice!
- 02/19/2012: You only live once, don't hesitate; you will miss your chance!
- 02/26/2012: Bring a positive attitude to your day! If you don't think every day is a good day, just try missing one.
- 03/04/2012: Today be the one who shoulders someone's sorry and steers them toward sunlight.
- 03/11/2012: Saying yes to one thing means saying no to something else. You can't do it all and you shouldn't. Prioritize.
- 03/18/2012: We are not here on earth to see through each other, we are here to see each other through.
- 03/25/2012: Every tear has a reason. Be sure to understand it before you wipe it away.
- 04/01/2012: Forgive yourself for your faults and your mistakes and move on.
- 04/08/2012: It's not what you do; it's how you do it. It's not what you see, it's how you look at it. It's not how your life is; it's how you LIVE it!
- 04/15/2012: The reason the rear view mirror in your car is smaller than the windshield....Don't dwell on the past. Focus on the future.
- 04/22/2012: Some people look for a beautiful place; others look to make a place beautiful - which one are you?
- 04/29/2012: You are the exact result of what you have done! If you want a different result, then do something different!
- 05/06/2012: Keep your chin up. No one expected you to save the world, otherwise you would have been born wearing a cape and tights!
- 05/13/2012: Don't fool yourself. It's not the load of issues and problems that break you down...it is how you carry them!
- 05/20/2012 - Worrying is a down payment on something that may never happen.
- 05/27/2012 - Real people aren't perfect. Perfect people aren't real. Be yourself, be positive, be happy <- That's real!

POSITIVE FLOW FOUNDATION

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