

# Editing The Instagram Carousels

1. You will need Canva to edit the templates. [Get a free account here.](#)
2. Select a carousel from below.
3. Click on “Use Template” to make a copy.
4. Start editing.

## 3 Affirmations You Can Recite To Reinforce A Positive Mental Attitude

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## 3 Keys To Having A Positive Mental Attitude

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## 3 Reasons Why You Need A Positive Mental Attitude

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## Can Stress Hurt Your Mental Attitude

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## How A Positive Attitude Can Affect Others Around You

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## How To Adjust Your Mindset For A Positive Mental Attitude

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## How To Keep An Attitude Journal

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The Dos And Don'ts Of Possessing A Positive Mental Attitude

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Top 3 Quotes That Will Help You Maintain A Positive Mental Attitude

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What To Do When Setbacks Happen

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