

Be grateful – It makes you more content

Start with 3 things you did well today

1. _____
2. _____
3. _____

One thing you want to reflect on and what you would do differently next time

3 things you are grateful for:

1. _____
2. _____
3. _____

Look at the things you are grateful for now and visualize and get a sense of those things now.

Lastly: Finish with “I am breathing in calm and I am breathing out stress” for 1 minute.

Or finish with an affirmation – see next week and the handout

Homework:

Do this exercise every day for the next week. It is a gently reminder of the things you do well (large or small) and when you do this you release dopamine and you interrupt the negativity.