



▶ Savor. The next time you have to do something you usually dread and dislike, find a way to savor that experience. Look for something positive that you can focus on, and make a point to savor that aspect of the experience. Jot down some ideas.

▶ Gratitude. At the end of each day, write three good things that happened that day. Big or small, write it down to shift your attitude. Start now – write three things you appreciate or feel grateful for in your life.

▶ Strive and thrive. Set a goal – something you enjoy – pursue a new hobby or interest. Do it regularly – enjoy it. Write some ideas here – what do you enjoy?