

What activities make you happy and give you energy – mentally and physically? Examples: Coffee in the morning, hugs, and puppies.

MAKE YOUR OWN LIST HERE:





















BENEFITS OF POSITIVE THINKING

- Helps to manage stress and anxiety
- Improved mood
- Decreased muscle tension
- Increased desire for creativity
- Improved quality of life
- Decreased worry

“Positive thinking involves focusing on the positives and replacing negative thoughts with a more optimistic outlook. This can include positive self-talk, positive imagery, and building self-esteem.”

- Jenna Fletcher