


Ideas 
to help fuel
positive 
emotions

Help others

-  lend a hand
- keep contact + offer support

Connect with people

- relationships matter!
- touch base with an old friend / colleague


Self talk

-  use
-  Reframe your thinking
- actively replace negative thoughts with positive ones


Make time

-  to do something you love
- mastery
- flow
- strengths
- values

Do something physical

- walk 
- meditate
- focus on deep breathing
- chocolate-yum.

3 Blessings

- Every day ... 
- jot down 3 things you are grateful for
- find 3 things that went well + reflect : why?

Express gratitude

- to someone else
-  • pay someone a 'gratitude visit'
- thanks!
- write a positive message to someone in your network

Take a photo

- of something that brings a sense of lightness, love or fun 
- And share it!
- You'll be surprised how being on the look out for these moments fuels happy emotions!

Know your strengths

- and find ways to use them

Document the happy moments