Positive Psychology 101

Taking small steps everyday helps you to achieve a positive mindset, which leads to a happier life… so print this reminder and check off your progress everyday…

	Get Grateful	Get Writing	Get Moving	Get Calm	Get Random
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Take action challenge:
Take some moments throughout the day to challenge yourself to create the habit of finding opportunities to complete this… It's an easy and achievable checklist of things to manage… many times the smaller things the better.

By committing to complete this task for seven days straight (remember it takes 21-60 days to create a new habit) you also prove to yourself that you are worth the effort.

After you've completed the seven days, what did you notice? What was the impact on those that received the random gratitude, what was the impact on you?

©The Corona Course | www.social-wellbeing.com | Anita van Rooyen