

FOCUS

Pick some of the following as writing prompts or as points of reflection. Whichever ones you choose to reflect on, truly engage with them - make them as vivid in your mind as possible.



ACTION

What's one small thing you can do right now that would make you feel better about yourself and your life?

What's one action you can take right now in the direction of your professional goals?

What's one kind thing you can do for someone right now? Whom can you call and show appreciation for?

Pick one of the actions from the list below and put your whole heart into it:

Play uplifting music
Watch a movie
Read a book
Walk in nature
Move your body
Declutter
Pray / Meditate

Sing
Play with kids or pets
Indulge your senses
Fake it till you make it
Write in your journal
Tell someone you appreciate them

Go to a place you love
Smile
Stand up straight
Put your hand on your chest / heart area
Give someone a hug
Massage yourself

Reach out to someone
Talk to someone you trust
Do something you've never done before
Look at or buy flowers
Dance
Treat yourself to something