

Category	Field
MSL	Making your bed
MSH	Listening to a favorite song
MOL	Washing a coffee cup for someone
MOH	Helping someone carry something
MSL	Washing your hands
MSH	Achieving a personal goal
MOL	Cleaning up after someone else
MOH	Complimenting someone on their work
MSL	Making yourself a cup of coffee / tea
MSH	Visiting your favorite restaurant
MOL	Writing a thank you note
MOH	Leaving a positive comment on social media
MSL	Watering a plant
MSH	Eating your favorite dessert
MOL	Bringing food or drinks to a gathering
MOH	Sharing a book that you like
MSL	Bringing reusable bags to the grocery store
MSH	Watching your favorite TV show
MOL	Surprising someone with treats
MOH	Catching up with a friend
NEG	Forgetting to pay a bill
NEG	Being late for a meeting
NEG	Losing your wallet
NEG	Ending a romantic relationship
NEG	Being lied to by a friend
NEG	Filling out a survey