Name:

Creating Sustainable Positive Change

1. Three Gratitudes: List **three** things that you are grateful for each day.



1. The Doubler: List **one** meaningful experience that you had during the day.



1. The Fun Fifteen: Have at least **fifteen minutes** of fun!



1. The Terrific Ten: Complete at least ten minutes of exercise.



1. Meditation: Take **two minutes** to sit quietly and focus on your breathing.



1. Conscious Act of Kindness: Complete **one**.



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