

Am I Happy With Me?

<https://www.youtube.com/watch?v=y6Sxv-sUYtM>

How Often Are You Positive About Yourself???

- ▶ Humans are pre-disposed to focus on the bad rather than the good.
- ▶ Sometimes we need to be reminded about all the good things.



Gratitude



- ▶ Gratitude – create a list of what you feel thankful for:
 1. What went well yesterday?
 2. What is good in your life today?
 3. What part did I play in making the good thing happen?
- ▶ Come back to these thoughts if you feel your gratitude or mood dipping 😊
- ▶ Try to build this into your daily routine (eg when falling asleep)