

GO TRY IT

Fostering more positivity in your life starts with you. Over the next five days, try the recommended actions below then self-reflect about how it made you feel. Did the actions create more moments of positivity for you?

Action	Did this action create a moment of positivity for you? (Circle one)	Self-reflect about the experience
<p>Day #1 Offer to help a coworker without being asked first.</p> <p>Do this at least two times today.</p>	<p>Yes / No</p>	
<p>Day #2 Smile at others you walk by in the hallway or you are working with.</p> <p>Do this at least 4 times today</p>	<p>Yes / No</p>	
<p>Day #3 Be kind to someone just because...</p> <p>Do this at least two times today.</p>	<p>Yes / No</p>	
<p>Day #4 Tell someone something nice about themselves.</p> <p>Do this at least two times today.</p>	<p>Yes / No</p>	
<p>Day #5 In stressful moments, look at pictures on your cell phone of people you love or show your favorite memories (e.g. vacation, party, event, etc.)</p> <p>Do this if you feel upset or negative today.</p>	<p>Yes / No</p>	