

Critical Thinking: What are the patterns / relationships?



Appreciate Relationships



Gratitude Journal



Accept Yourself



Be kind to others



Here & Now = "Mindfulness"



Record Daily Positive Event



Conserve Time



Conserve Energy



Micro Goals "To Do List"



Lemons? => Lemonade



SLEEP



EXERCISE



Respond Constructively



Appreciate what you control



Resilience: Setback -> Analyze -> New Approach



Learn New Things



Gratitude Visit