

Thought Trainer.

3 gratitude's - The first act of the day write down 3 things you are grateful for. Picture them while engaging in breathing exercises.

Meditation - You must attempt to meditate between 3 and 5 times, record durations.

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Reframe - Turn a negative into a positive. how was self talk, state, physiology, emotions.

Engage in a random act of kindness - what did you do? How did you feel?

Journal your day - Thoughts, feelings, images, sounds, smells, tastes