**5 Simple Ways to Add Positivity to Your Day**

When you start practicing positive reflection, it may feel a little awkward. Taking time to reflect on the things that you are grateful for or that you enjoy doing can help you reframe a stressful event, get motivated, or simply make the best of every day.

Take just a moment to add one of these simple practices to your daily routine.

|  |  |
| --- | --- |
| **List 3 things that you are grateful for**  Keep it simple and reflect on the things that get you through the tough days and make the good days great! |  |
| **Reflect on your daily successes**  We often get stuck thinking about the things that we can improve instead of building on what we are already doing well. List 3 gut-healthy habits that you are already including on a daily basis.  (Examples: drinking water, going to bed on time, eating a balanced breakfast, hitting your step goal, taking your supplements daily) |  |
| **Practice positive affirmations**  Breathe deep and remind yourself that you are doing OK, and you are productive, smart, confident, organized, or anything else that you want to feel good about. | Write a positive affirmation and repeat it 5 times to yourself:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Do something simple to ease your mind**  Listen to your favorite playlist on the way to work, call a friend you haven’t talked to in a while, declutter your kitchen table, organize your desk, or make a new recipe. Any simple action you can enjoy or cross off your to-do list will give you a boost. | Simple tasks to help declutter your mind:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Laugh**  And not just once! Whether you are alone or surrounded by others, find reasons to laugh, smile, and enjoy the moments. Indulge in a funny video, spend time playing games with loved ones, or listen to a favorite comedian. Think of funny moments from the past and allow them to make you chuckle again. | List a few ideas about how you could laugh a little more. You may also want to note funny memories you share with your friends and family. |