



My Mind

**BUILDING POSITIVE
EXPERIENCES**

Building Positive Experiences

How do you move the needle on that Positivity Meter of yours? There are things you do in your day-to-day life that bump you up into feel-good mode, even if it's just for a few minutes. It doesn't have to be anything big. It could be as simple as enjoying a nice cup of tea in the morning. Take a second to really think about it. Close your eyes and picture yourself going through the motions of a typical day.

What do you do that makes you feel good from the inside out?

Now it's time to think about the x-factors. These are all the things you could be doing to bring even more joy and positivity in your life. We're not talking big-time commitment here. It could be as simple as singing in the shower or catching the latest episode of that reality TV show you "never watch." If you want to take a little more time to explore, you could adopt a new hobby or volunteer for a group that interests you. From exercise to meditation to time spent with a cherished friend, there are so many ways you can add some oomph to your everyday.

So, think about it.

What could you do to send your Positivity Meter off the charts?

Stuck? Chat with a friend or family member and see if you can come up with some ideas together. Grab the local paper and peruse the entertainment section. Maybe there's a play or concert you might enjoy. The world is your positivity oyster. Go explore it.