

WHAT MAKES YOU HAPPY?

THE 7 MINUTE MENTAL EXERCISE THAT'S BETTER THEN PROZAC

Dr. Rick Hanson, PHD, says that, “At first glance, you may be tempted to underestimate the power of these seemingly simple practices (gratitude and daily affirmations). But they will gradually change your brain through what’s called *experience-dependent neuroplasticity*” (literally and physically).

Here are 7 questions to do daily. Week #1 do it for 1 day, Week #2 do it for 2 day ... etc.

1. Start of the day: What is 1 thing that would make today a great day? Think: nourishing.
2. Start of the day: What is 1 thing I'm grateful for in myself. What am I doing well this week?
3. Start of the day: Who is 1 person I could reach out to to express my gratitude or thanks?
4. End of the day: What are 3 things are you grateful for today?
5. Hot running water?
6. Your family? Good health? Good bed?
7. Who is 1 stranger I can think good thoughts for? Something simple: to the postman, may you have a safe day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What would make today great?							
Who is one thing I'm grateful for in myself?							
Who is one person I could reach out to to express gratitude or thanks?							
Grateful/Amazing thing #1							
Grateful/Amazing thing #2							
Grateful/Amazing thing #3							
Who is one stranger I can think good thoughts for?							