

# A RECIPE FOR

# joy

5 *cups of gratitude*

WRITE DOWN 5 THINGS THAT YOU'RE GRATEFUL FOR! GRATITUDE IMPROVES OUR HEALTH, RELATIONSHIPS, EMOTIONS, PERSONALITY, AND CAREER.

4 *cups of good memories*

RACK UP 4 FEEL GOOD EXPERIENCES! ON THE DAYS WHEN YOU BARELY HAVE TIME TO BREATHE, THINK OF THESE HAPPY THOUGHTS!

3 *pinches of kindness*

3 ACTS OF KINDNESS - OPEN THE DOOR FOR SOMEONE, GIVE A COMPLIMENT, OR DO SOMETHING THOUGHTFUL.

2 *spoonfuls of smiles*

SMILE TO 2 PEOPLE DURING YOUR DAY - SCIENCE SUGGESTS THAT A FULL GRIN SPARKS A CHANGE IN BRAIN ACTIVITY TO A GOOD MOOD.

1 *act of self care*

DO SOMETHING THAT MAKES YOU HAPPY AND PRIORITIZE IT!

+ *a sprinkle of presence*

TAKING TIME AWAY FROM TECHNOLOGY TO SPEND WITH POSITIVE PEOPLE IS IMPORTANT TO MAINTAINING SATISFACTION!

*add in all ingredients together throughout your week*



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friday inspiration  
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