

WONDERSHIFT

BREATHE



- Take 3 full deep breaths to get your oxygen flowing
- Meditate for 52 minutes or 10 minutes

MOVE

- Dance around, do some star jumps/jumping jack
- Laugh. Start with a ha. Move to a ha ha. Keep it going.. ha ha ha... until you are laughing out loud
- Go for a walk (away from others) and take in what you see and hear around you



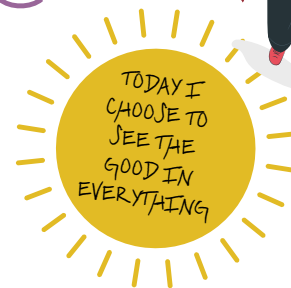
PLAN

- Create a vision board to focus on where you want to be a year from now
- Take a few minutes to write down your values
- Let your kids (if you have them) create a structure for the day



BE KIND

- Give a genuine compliment to 3 people
- Choose a positive mantra for the day
- Do something nice for someone unexpectedly
- Keep the promises you make to yourself and others
- Make a list of what you are grateful for today
- Do one simple thing that fills your heart with joy
- Print or write out a positive quote and hang it where you can see it
- Create a positive thinking playlist that instantly makes you smile



LEARN

- Choose to learn something new today
- Teach something you know to someone else
- Research about a cause that's important to you and brainstorm what you can do to help



CONNECT

- Have a virtual lunch with someone you admire
- Share a memory and reminisce over good times
- Get in touch with a person or an organization that inspires you
- Call someone that you haven't talked to in a while

