

# Positivity Check

POSITIVE THOUGHTS HAVE BEEN SHOWN TO DECREASE CORTISOL LEVELS AND INCREASE THE SEROTONIN IN OUR BRAINS, PRODUCING A SENSE OF CALM OR HAPPINESS. THIS OFTEN LEADS TO EVEN MORE BENEFITS IN TERMS OF CREATIVITY, PRODUCTIVITY, AND FOCUS. TAKE SOME TIME TO THINK ABOUT THE POSITIVE THINGS IN YOUR LIFE BY LISTING AT LEAST 2 THINGS IN EACH BOX BELOW!

PEOPLE I AM  
GRATEFUL FOR

THINGS I HAVE DONE  
THAT I'M PROUD OF

HAPPY PLACES

BEAUTIFUL SIGHTS

FAVORITE MEMORIES  
THIS YEAR

COMFORTING FOODS

