

Basic Daily Practice Poster

Start the
Day
Positive



- ❖ Each morning frame a positive, optimistic and grateful attitude with the expectation of having a great day.

Positive
Peaceful
Mindset



- ❖ Accentuate one or more attributes of a peaceful, positive mindset and define an action that achieves it.

Brain Break



- ❖ Take short brain breaks to sustain your peace of mind throughout the day.

Thought
Awareness



- ❖ Be mindful of anxious stress provoking thoughts and shift your experience by not believing them.

Clear
Button



- ❖ Use the clear button to bust stress reactions at the point of inception

Finish Each
Day



- ❖ Finish each day and be done with it, opening the way for a better day tomorrow.