



Helping Women Thrive Through Change

FIND THE GOOD STUFF

Not toxic positivity. Just noticing.

You do not have to pretend everything is brilliant. This is simply an invitation to notice the moments that brought a little light into your day.

JOY

What brought me joy today?

Was there a moment that made me smile, laugh, feel connected or simply feel good?

GRATITUDE

What am I grateful for today?

Who or what helped make today a little easier?

A SMALL WIN

What did I do today that I am pleased about?

IF TODAY WAS HARD...

What is one small thing that was still beautiful, comforting, funny, kind or worth remembering?