

# Train Your Brain for Positivity

With *21 days in a row* of one of these small steps

## 3 Gratuities

Write them down, say them aloud,

or mention to someone that you are thankful for their kindness

## Journaling

Take the time to record a positive experience from your day.

## Exercise

Natural endorphins give you the boost you need!

## Meditation or Prayer

Give up your struggles to your higher power and refocus on peace and acceptance

## Perform a Random Act of Kindness

Be the positivity you want to see in the world

**FROM THE HAPPINESS ADVANTAGE.**