



Rx: Build A

Positive Mindset

Do one a day (more if you like)

<http://theendofstressbook.com>

1. Choose the longest line at a store and stand in it, letting your mind go and choosing to be at peace, using the 30-Second-Time-Out-for-Peace process.
2. Look out the window for thirty seconds and let your mind go. Watch the wind blow or the sun shine or the rain fall.
3. Do one special thing for yourself today.
4. Drive home in the slow lane.
5. Smile more today.
6. Listen to calming music instead of the news on the drive home.
7. Practice listening without interrupting.
8. Buy a small gift for a friend or family member.
9. Call a good friend you haven't talked to in a while.
10. Look for the best in someone you know.
11. Devote today to seeing your strengths and positive qualities.
12. Practice forgiving trivial errors.
13. Use a measuring stick other than business to measure your accomplishments, such as your talents, creative abilities, human qualities, or close relationships.
14. Quietly do good deeds and acts of kindness.
15. Practice receiving compliments graciously.
16. Accept that life is unfinished business.
17. Take five minutes today to recall times when you were happy.
18. Commit to stop judging yourself for your lack of perfection.
19. Reflect for five minutes how in your life perfection has tended to emerge from the imperfections.
20. When you feel conflict today, tell yourself, "I am not going to let this person or situation control how I feel."
21. Today, feel more and think less. Allow yourself to be vulnerable to what you feel without your thoughts turning into a story.