**Positive Psychology Daily Ritual - AM**

**Gratitude: What are you grateful for? What are you grateful to *not* have in your life?**

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| 1.  2.  3. |

**Intention: What do you want to remember or say to yourself as you move through your day? (e.g., I am good enough)**

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**Success: Give an example of one small success you have experienced recently**

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**Well wishes or prayers for others**

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| 1.  2. |

**Savouring:** Reflect on one positive experience you have had in the last 24 hours and savour the experience for at least 10 seconds.

**Positive Psychology Daily Ritual - PM**

**Positive events: Think of three positive events that occurred in your day and amplify one in your mind for at least 10 seconds.**

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| 1.  2.  3. |

**Learning: What is one thing you learned today?**

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**Relationship gratitude: Reflect on one thing you are grateful for in one of your close relationships.**

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**Sleep intention: What kinds of thoughts, emotions, and images would you like to carry with you into your sleep tonight?**

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Recommended reading: *Hardwiring Happiness* by Rick Hanson