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**Journal a Positive Experience**

Reflect on a positive experience that you had within the last 24 hours. Perhaps it was meeting someone new, taking a walk, doing your morning practice or connecting with a close friend, singing, or perhaps something else – an insight you had, a special moment.

Write out the positive experience in detail. Focus on how you felt, any thoughts you had, and the sensations in your Body. Journal about this experience for at least three minutes.