



## P.O.W.E.R.



**Praise:** Begin each morning with 3 Things I am grateful for.



**Others:** How can I make an impact for someone else today?



**Writing:** End each day with 2 minutes of writing about what went well.



**Exercise:** Get at least 10 minutes of exercise each day.



**Relaxation:** Make time for 2 minutes of quiet meditation each day.

