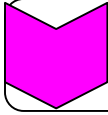


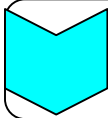
**Breathe Deeply**-Stretch and take several deep breaths hourly.



**Exercise**-Even a few minutes of exercise a day can release endorphins, gain additional benefits with a longer workout.



**Meditate**-Spend time meditating.



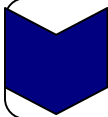
**Emotional Awareness**-Empathize with others, notice your own emotions.



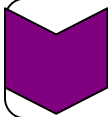
**Aspire**-Know your purpose and direction, take action toward meaningful goals.



**Share**-Give to causes you believe in by volunteering or financially. Perform random acts of kindness.



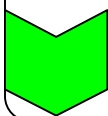
**Uplift**-Yourself with positive music and thoughts, and others with compliments and kind words.



**Relate**-Spend time with people you care about, interact & do nice things for others.



**Increase Flow**-Use the talents that cause you to lose track of time.



**Notice**-Look up, be aware & mindful, pay attention, smell the roses, enjoy tastes, etc. Plan activities & anticipate them, remember good times.



**Gratitude**-Start the day with appreciation, end it by thinking of a few things you're thankful for. Thank people you are grateful for.