

Redirect your attention, reset your filters, reverse the spiral

- When you notice that you're feeling stressed:
"What specific good things can I appreciate right now?"
- When you have hard work to do, on your own or with others:
"What's going well, and what has enabled that?"
- When something goes wrong:
"What will I be glad I've learned from this?"
- When you finish your day:
"What were three good things about today?"

