



The Science and Practice of Reversing a **Negative Spiral**



[CAROLINEWEBB.CO/LIVE](https://carolinewebb.co/live)

How to Have a Good Day...
in Uncertain Times

BY CAROLINE WEBB

Redirect your attention, reset your filters, reverse the spiral

- When you feel stressed:
"What specific good things can I appreciate right now?"
- When working on a difficult task:
"What's gone well so far with this, and why?"
- 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?"



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how to have a
**good
day**[®]

**Find the recording
and materials at:**

carolinewebb.co/live/episode-1

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