Flourish!
12 Research-Informed Hints to Improve Well-Being

· Be kind. Do something nice for someone.
· Practice gratitude. Think of three things that went well today. Write them, reflect, say thanks.
· Love others, love yourself. Share warmth and compassion with yourself and others.
· Know your strengths. Use a natural strength in a new way daily.
· Savor good stuff. Notice good moments. Celebrate good news.
· Build your vitality. Move. Walk. Use the stairs. Park further away.
· Relationships matter. Connect with a friend. Make a date to do something together.
· Remember to laugh. Smiling activates well-being!
· Create your positivity list. Identify 10 things that lift your spirits - include them in your life.
· Set meaningful goals. Take action on clear, realistic, reachable targets.
· Keep learning and exploring.

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