



# Ilene Berns-Zare COACHING

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<b>P</b> Positive Emotions	<b>E</b> Engagement	<b>R</b> Relationships	<b>M</b> Meaning	<b>A</b> Accomplishment
Take a gratitude break - Think about or write down three things that went well today	Think about one of your top character strengths and use it with greater awareness today (viacharacter.org)	Connect with a friend or acquaintance in person or video chat	Pause. At least 3 times today, notice that you are breathing	What's one goal you want to achieve? Take just one action today toward achieving it. And then another action tomorrow
Give yourself time to do an activity that helps you feel more balanced	What do you like to do so much that time seems to stand still? How can you make time to do it more often?	Send a note to someone you care about – email, text, or send a letter by mail	Take one small action to become more of the person you really want to be	As you are thinking about or pursuing your goal, remind yourself <b>why</b> you're doing it or why it's important
Listen to an uplifting song or read an inspiring story or poem	Take a one-hour break from your electronic devices – invite yourself to truly focus on whatever you are doing	Take a step to create a friendship with someone you are acquainted with (Waldinger, 2015)	Find a few minutes today to do something you find meaningful	Visualize yourself reaching your goal
Pay attention to what you're are thankful for	Do something you love for 15 minutes	Do something nice for someone	Learn something new – a new fact, idea, or insight	Plan realistically – break a task into right-sized chunks
Sing in the shower – just for fun, no judgement	Pay attention to what you're doing even if it's a mundane task	Become aware of your cultural biases. Can you take one action toward equity and inclusion in your own life?	Remember there's always a choice. What are some of your options?	Take one action toward your goal -- create just a 1% change
Pause between bites of food and savor the taste	Participate in an activity or do something you really love	Speak less, listen carefully, then think before you speak	Consider developing a mission statement or vision for your life – jot down a few notes	If you can't take a step toward your goal today, then what will you do instead to help yourself get there?