## Positive Psychology Daily Checklist

### Simple actions to boost your well-being. Follow these steps daily.

## 1. Say something positive to yourself

### Give yourself a compliment or an encouraging thought.

## 2. Send a message to a friend

### Reach out with a short text or call to check in on someone you care about.

## 3. Use your strength in today’s tasks

### Pick one strength (like problem-solving, creativity, or patience) and use it during the day.

## 4. Pause and appreciate a small moment

### When you take a break, savour your coffee, the weather, or just a quiet moment.

## 5. Set a simple goal for today

### Write down one task you want to complete before the end of the day and aim to check it off.

## 6. Do one kind thing

### Perform a small act of kindness, like holding the door or offering help to a colleague.

## 7. List three things you’re grateful for

### Quickly note three things that make you feel grateful today.

## 8. Take five deep breaths

### When stress hits, stop and take five slow, deep breaths to calm your mind and body.

## 9. Get outside for 10 minutes

### Step outside for a quick walk or even just to stand in the sun for a few minutes.

## 10. Celebrate a small achievement

### At the end of the day, reflect on one thing you did well, no matter how small.