

7 TACTICS TO MORE JOY & LESS STRESS

1 **Focus on things that make your life better**
Tactic: Limit news and social media consumption to 10 minutes per day.

2 **Have a daily gratitude journal**
Tactic: Purchase a "Daily Gratitude Journal," you can find this on Amazon, at Target. Every morning for 3 minutes, fill out 3 things you are grateful for.

3 **Shift your perspective**
Tactic: In moments of stress, consciously ask yourself, is this a "mountain" or an "anthill."

4 **Make your opinion of yourself more important than the opinion others have of you**
Tactic: When you receive criticism, ask yourself "Does this person have my best interest in mind, or do they have something to gain by treating me poorly?" Are they looking to feel better about themselves, gain leverage over you, etc.

5 **Maintain a healthy lifestyle**
Tactic: Adopt exercise into your routine by starting with 3 days a week of your preferred physical activity. Weekly meal planning or a meal delivery services are easy ways to maintain a healthy diet.

6 **Surround yourself with positive, motivating people**
Tactic: You are a by-product of your environment, be selective with your inner circle. Adjust as necessary.

7 **Think BIG!**
Tactic: Write a 5-year story in present tense, specifically describing your family, romantic relationship, health, career, personal finances, hobbies, vacations, and stuff you have.