

Being Present

Minimizing Stress Through Good-Hearted Living



Good-hearted living is a conscious way to add positive attitudes into our daily lives so there is less room for stress, unkindness, or negativity.

1

DEFINE

Think about what these words mean to you. What associations do they have, and what are some practical examples of each? Brainstorm as a group.

Compliments

Flexibility

Gratitude

Kindness

Forgiveness

Self-Care

2

DISCUSS

How easy was it to define these words and come up with examples? Are these examples of good-hearted living? Why?

3

IMPLEMENT

Now, commit to living one of these words wholeheartedly each day of the week (see the chart on the next page).



MON | COMPLIMENTS

Mondays are for compliments. On Mondays, look for the good in yourself and others and compliment them whenever possible. Compliments are free, easy to give, and life-changing, nourishing both the giver and the recipient. Don't hold back!



TUE | FLEXIBILITY

Tuesdays are for flexibility. Try something new, be open, eat something different, or include a new friend in an activity. Break out of the norm and be flexible! It helps you break patterns and discover new things about yourself.



WED | GRATITUDE

Wednesdays are for gratitude. Be thankful for the good things in your day and the challenges you learn from. Before you go to bed, write down three things that went right. Doing this will help you train your brain to realize that life works in your favor.



THU | KINDNESS

Thursdays are for kindness. Even the smallest acts can make someone's life easier. Be kind before responding to what someone has said, send thoughts of kindness to people near and far, or apply random acts of kindness to yourself and others. Kindness transforms people and can change the world if we all practice it!



FRI | FORGIVENESS

Fridays are for forgiveness. Today you're going to let go of old, unpleasant thoughts. Be forgiving to others and especially yourself. Let go of grudges, shame, guilt, and other negative emotions that put you in a tough headspace. TGIF! You did it.



SAT/SUN | SELF-CARE

Weekends are for good old-fashioned TLC. Take a break and do fun things you enjoy! Be playful (doodle, throw a dance party, watch a movie, blow bubbles, sing in the shower), or write a list of the things that bring you joy. Relax and remember that self-care isn't selfish!

Reflections & Actions

At the end of each day, write about that day's practice. How did it go? How did it make you feel?

MON | COMPLIMENTS

TUE | FLEXIBILITY

WED | GRATITUDE

THU | KINDNESS

FRI | FORGIVENESS

SAT/SUN | SELF-CARE

At the end of the week, reflect on the whole experience. Which practices were the easiest and most comforting? Which ones had the most impact? Which would you most like to develop into a habit?