

# Practical Practices to Help You Persevere

- 1. 30-day Gratitude Challenge.** List 3 things you are grateful for every day for the next 30 days with no repeats!
- 2. Reframe your thoughts.** You cannot control all events but you *can* control your *reaction*. Be attentive to the narrative with yourself. Try “I AM I CAN I WILL” 75 times a day for 7 days in a row.
- 3. Move!** “Move a muscle, change an emotion.” Engage in physical action: walking, deep breathing, yoga, etc. to ease anxiety, improve health, increase focus, sleep better.
- 4. Commit to one random kindness a week.** Do something nice for a stranger, co-worker, family member or friend. Make a list of the names or deeds to review and lift your spirits on a future day. “Is there 1 thing that I can help you with today?”
- 5. Allow yourself one guilt-free indulgence a day.** Do one unproductive thing every day, that brings you comfort. Watch a TV show that you are not supposed to like but you do, eat or drink a particular food that you enjoy, have a nostalgia moment with an old friend, or show you used to watch as a kid.
- 6. Stay close to your feelings.** Allow yourself to “feel all the feels.” Masking them does not make them go away. It’s OK to feel angry, or sad or happy. Take it in, experience it and let it go. Meditation can be helpful with this, or, writing down your feelings on a piece of paper, then even burning the page to let them go. Emotions are not good or bad. They just are.
- 7. Avoid Toxicity.** Intentionally limit toxic habits, such as watching news 24 hours a day or constantly “doom-scrolling.” Cut the amount of time in half and see the results. This frees up more time for creativity, positive action and good sleep, which is essential.
- 8. Do one difficult thing once a week.** Let go of perfection as you do one thing that stretches your comfort zone. Make the opportunity to surprise yourself with your potential for greatness. It will be awkward and difficult at first. (Remember the “thumbs.”) You will realize you are stronger and more resilient than you know.
- 9. Stay connected with friends and family.** Contact someone once a day. It may be a person who uplifts you, or someone who is lonely and you can uplift, or someone who is your mom.
- 10. Live your life in “Day Tight Compartments.”** Dale Carnegie’s way of saying, “Take things one day at a time.” Everything has a beginning, a middle and an end. It won’t always be this way. Take a deep breath and do the best you can. BE KIND!

**Consider making a commitment to try one of these tips today!**

And, if you have any questions, contact

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