



A Sense of Optimism

When you need a quick shift in how you feel--tap into your senses to get to good.

What is a SMELL you love & that makes you feel happy or relaxed?

What is something that always FEELS good touching your skin?

What SIGHT (photo or real) always feels good for you to look at?

What is a SOUND that brings you peace, comfort, or happiness?

What is something that always offers you a satisfying TASTE?

Whether they ground and calm or bring you joy, these smells, sights, sounds, tastes, and things you touch (or wear) can be your "Go-To" resources if your energy is low or you're feeling not-so-good.

**To
use**

1. Notice you're not so good
2. Let go of any judgment of yourself
3. Pick one of the tools above and experience it fully.
Repeat as needed.
4. Allow that good feeling to show up & enjoy.

