



5. **Set a small daily goal and note your progress.** *When you feel as though you're making progress — even if you aren't necessarily achieving success — that increases positive emotions. Find the sweet spot of goal setting, something that's not way beyond what's possible.*
6. **Develop a “positive reappraisal” habit to reframe a troubling daily activity in a more positive light.** *How we interpret an event determines our emotional reaction to it. But there's almost always a positive reappraisal that you can pull out of any situation, even when you start small.*
7. **Perform an act of kindness every day.** *This simple practice gets you outside yourself. Simple things like walking your shopping cart back to the storefront, or making way for drivers attempting to merge onto the highway or. complimenting a stranger on a pretty scarf or a welcoming smile counts, too.*
8. **Concentrate on the present moment.** *When you're upset, instead of rehashing what already happened or rehearsing what might happen next, pay attention instead to what's happening in the present, what your thoughts and experiences are right now. When we're more mindful, we're more aware of positive events.*

#### □ ***Meditation Can Help You Master Mindfulness***

It's a tool for achieving mindfulness, and research shows that meditation reduces our sense of stress. You can take up a formal practice, or an informal practice, where you bring mindfulness to your daily activities.

You can practice mindfulness while in the shower. Often we might want to ruminate about anything we're worried about or try to do a lot of planning instead of just being in the shower. But remind yourself to be present, and not let your thoughts launch you into your day. Concentrate instead on the heat of the water, the feel of the water on your skin, the smell of the soap and the feel of the shampoo as it cascades down your face.

This focused approach also works while washing dishes or even brushing your teeth, and if your mind wanders, gently bring it back to the moment.

The more we bring mindfulness into our lives, the more impact it has. Think of it as a muscle you are developing — a way to help yourself.