

伟大

KUKURU



Life

S

Silence

Be quiet in your mind and block out the chatter through meditation, prayer or focused breathing.

A

Affirmations

Tell yourself encouraging words to achieve goals, overcome fears and feel happy.

V

Visualisation

Imagine yourself doing each thing you need to do for the day and imagine what it feels like to succeed.

E

Exercise

Go for a walk or a jog. Getting moving allows blood and oxygen to flow to the brain.

R

Reading

Fill your brain with positive thoughts and ideas to improve yourself.

S

Scribing

Write a journal to process your thoughts and reflect on what you've achieved.



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