



Show More Appreciation

We are far quicker to notice what's wrong than to celebrate what's right in others.

Did you know that it takes five positive comments to offset a single negative one?

Write a note of appreciation once a week to someone in your life and send it by snail mail. Small gestures go a long way.

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Take a Nap

A 20 minute power nap restores alertness, reduces stress, improves productivity and performance. It is like having a systems reboot.

Consider placing a “please don’t disturb” sign at your work location, or taking a power nap in your car or on your lunch break.