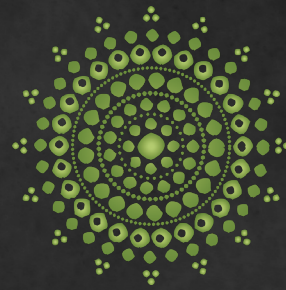


Implementing small but consistent positive changes can have a big impact on the quality of our life.

Ali Palmer



THE
STRENGTHS
SPACE

Tiny Tweaks To Try



- ❖ Try going to bed one hour earlier every night for a week and notice how you feel
- ❖ Send a gratitude note or text to someone who's helped you recently
- ❖ Look for opportunities to learn something new
- ❖ Decide to be really 'present and interested' in your next conversation
- ❖ Create a playlist of your favourite songs and listen to them at the start of your day
- ❖ Re-connect with someone you haven't spoken to for awhile
- ❖ Make tidying up more fun by setting a 10mins timer and inviting others to join in
- ❖ At the end of the day, take time to reflect on *what went well*
- ❖ Share in some fun and laughter with those around you
- ❖ Spend time - even small amounts - on the things you love
- ❖ Show self-compassion - treat yourself as you would a good friend
- ❖ Find fun and enjoyable ways to exercise regularly - meet a friend and make it happen
- ❖ Stay connected - make time for friends and family during the week as well as weekends
- ❖ Conserve your decision-making energy by creating simple routines and rituals
- ❖ Spend some time in nature every day - take a daily walk outside
- ❖ Set tiny goals - enjoy each small achievement and celebrate these wins along the way
- ❖ Look for the silver linings - even on a cloudy day
- ❖ Set daily intentions - prioritise where you want to spend your time and energy
- ❖ Make someone's day by doing something kind for them
- ❖ Be open and curious - ask yourself often - what can I learn from this?
- ❖ Commit to eating healthier and more nutritious food
- ❖ Look for ways to add joy to your day
- ❖ Be generous in your assumptions towards others - people are often doing the best they can
- ❖ Savour the good times that come your way
- ❖ Give yourself permission to switch off at the end of a busy day

Strengthening individuals, teams, organisations and communities
by bringing out the best within us, between us and around us.

+61 405 117 389

ali@thestrengthsspace.com | thestrengthsspace.com