

## DO GOOD THINGS FOR YOUR SPIRIT

Learn how to keep yourself positive and motivated. Discover those things that add energy and a lift to your day. Often they are small acts that you control. They might be as simple as using a favorite pen or pencil, sharing a joke with a co-worker, or having soft music playing in the background.

### PRINT THIS PAGE TO COMPLETE THE ACTIVITY

In the space provided, make a list of your “spirit raisers”. You don’t have to show this list to anyone, so turn on your creativity.

What are good things you can do for your spirit on company time? Include items that will not disrupt your productivity or distract those around you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

What are some good things for your spirit that you can do on your own time? Include things that take less than three minutes or that do not cost any money.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### PLEASE RETURN TO THE COURSE