

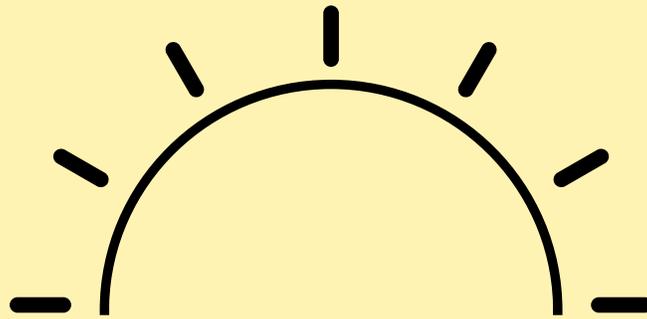


Two-Minute Mornings

This week's Nook activity is here!

Pick up a printed copy of our guide outside of the OHP or swipe through our IG/FB story to learn more!

The two-minute mornings journal prompt, based on a book written by Neil Pasricha, is a quick activity that fosters a positive mindset you can carry throughout the day.



There are three elements in a two-minute morning:

1. I will let go of...

Holding on to regrets can lead to greater risk-taking behaviors and limits happiness.

2. I am grateful for...

Writing down five gratitudes a week can make you measurably happier over a 10-week period.

3. I will focus on...

Creating small, focused goals can help reduce decision fatigue.

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Minute Mornings Guide



I will let go of _____



Tip: Think about something that elicits feelings of frustration, anger, or resentment.

I am grateful for _____



Tip: Be specific, such as "when my neighbor waved at me" or "when my roommate sent me Friday flowers."

I will focus on **1** _____

2 _____

3 _____



Tip: Focus on small goals that you are confident you can achieve that day, such as "workout with my roommate" or "take notes on chapter 7 for my class."

