

FIND THE *good* IN EVERY SITUATION

For the next week, be optimistic, love life, serve as an inspiration, and make a positive difference. At the end of each day, consider the following questions:

- What made you happy today?
- Did you make someone feel special?
- What are you grateful for?
- Did you take an insult to heart or let it roll off your back?
- Did you place someone else's needs ahead of your own?
- Did you catch yourself complaining and choose to be constructive?
- What worry never came to pass?
- Did you put a positive spin on a tough situation?
- What would have stressed you out yesterday, but didn't today?
- Did you give yourself a pep talk when the chips were down?
- Did you try to win the argument or preserve the relationship?
- Did you leave your comfort zone or give in to fear?
- What made you proud?
- Did you pat yourself on the back?
- Would you be happy if your kids mimicked your behavior?

Adapted from *BECOME: Unleash the Power of Moral Character and Be Proud of the Life You Choose*



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