

LIFE IS ABOUT MORE THAN JUST LUCK



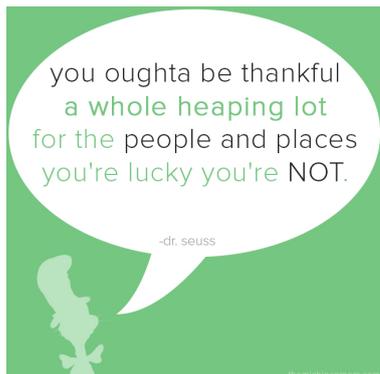
Do you consider yourself lucky?

Why or why not???

One way to look at "luck" or being "lucky" is in the mindset of gratitude. What are you grateful for? What do you feel lucky to have in your life? What is unique about yourself that you feel lucky to have or feel grateful for?

There are many things we all have that we can be grateful for, but sometimes it's challenging to take the time to consider the positives in our lives.

With Dr. Seuss' birthday being March 2nd, I think this is the best time to use some of his quotes to focus on the positives we have in our lives!

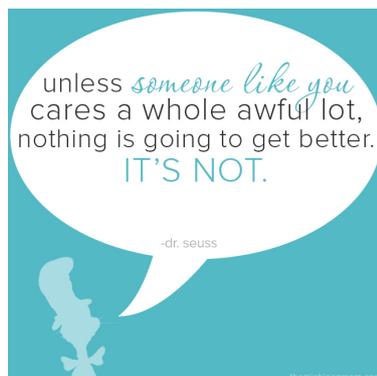


Focus on your Strengths

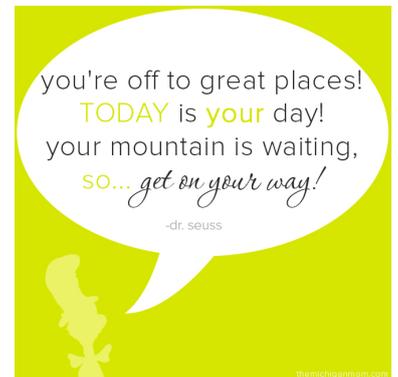
As a society, we tend to focus on the negatives, rather than the positives. (Just look at our nightly news.) But now's the time to focus on the positives! What are you good at? What makes you special? What do you like most about yourself?

Share your Strengths with Others

Now, with those strengths in mind, what can you do to help others? How can you share your gifts with others? Can you volunteer somewhere? Can you help a friend or family member out with something they need? What can you do to make the world a better place by utilizing your strengths! There is no better way to show gratitude than to share your gifts with others!



Spread that gratitude! Share your luck and gifts with your family, friends, and even strangers!



This does not have to be money or things, it's as simple as sharing a smile or holding a door or just being you!

Follow us on Facebook for more information on mental health topics, such as depression, anxiety, parenting, & more.

For more self-care ideas, check out our 5-Day Self-Care Challenge on Teachable!

<https://luzio-associates-behavioral-services.teachable.com/p/5-day-self-care-challenge>