

Even If It Doesn't Feel Like, **You Made a Difference Today.** Here's Why.

..... Ordinary & *Happy*

- Write down something you supported someone with. It could be a chore at home, a piece of advice at work, or answering a question for someone. Those things helped someone in some way.
- Your choice of words can make a big difference. Maybe you offered ideas to someone or made them laugh after a tough day.
- Now consider the opposite. Maybe you had to give someone honest feedback or set a boundary. It's not an easy conversation to have, but you knew you had to have it. Long term, it matters.
- Consider how you've made someone feel a little less alone. Maybe it was telling someone it's going to be okay or sending a warm message to mom and dad just checking in on them.
- We all need to eat. All of those breakfasts, lunches, and dinners you've cooked and coordinated are so important.
- Think of the example you set today. Maybe it was an act of kindness or choosing your words carefully.
- Write down some of the simple things you remember from today. It could be a hug. It could be a kiss on the forehead or making someone a cup of tea. These things make a difference to someone.
- Consider something you did today that you weren't keen on doing, but you did it out of love.
- Think of the impression you left on someone today through an act of kindness. There are a million different ways that one kind thing you did can influence many people.