LiveWell x CFC GRATITUDE

BINGO

Thank someone who supported you this week. Seligman et al. (2005); Emmons & McCullough (2003)	**Write down three good things from today and why.** Seligman et al. (2005)	**Notice something you usually take for granted.** Emmons & McCullough (2003)
Celebrate someone else's good news. Gable et al. (2018)	**Do one small act of kindness.** Buchanan & Bardi (2010)	**Write a short thank-you note to someone who made a difference.** Seligman et al. (2005)
Name one accomplishment, and what helped make it possible. Amabile & Kramer (2011); Emmons & McCullough (2003)	**Appreciate one place that helps you feel better.** Nieuwenhuis et al. (2014)	**Bring one past or future bright moment into the present.** Bryant & Veroff (2017); Sheldon & Lyubomirsky (2006)

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Go to **https://my.cgu.edu/dean-of-students/livewell/** for the full references list and to learn more about CGU's wellness resources.