



March's challenge is to hunt for the good.

"Everyday isn't a good day, but there is good in every day."
- Alice Morse Earle

Instead of focusing on the negative, start to recognize all the good you are doing.

Kate Martino, NCC, Mental Performance Coach

Hunt for the Good!

Clients list two good things you did well this week:

- 1.
- 2.

Parents list two good things you accomplished this week:

- 1.
- 2.

Please send us a Direct Message on Instagram ([inspire.wellness.psych](https://www.instagram.com/inspire.wellness.psych)) or email us at kate@inspirewellnessnj.com and let us know how this exercise was for you!