

## Community

- Podcast: Feel Better, Live More – Dr. Chatterjee

## Movement

- Suggested App:



### YogaShield (YFFR) CyberAcademy

OnDemand Yoga Classes and More

YogaShield (YFFR) CyberAcademy

Designed for iPad

★★★★★ 5.0 x 41 Ratings

Free - Offers In-App Purchases

# The Pursuit



## GOAL SETTING

- S** Specific
- M** Measurable
- A** Achievable
- R** Realistic
- T** Timely



Valerie D'Intino

## What are you grateful for, and why?


### Gratitude Journal Prompts

1. Pick a recent photo from your phone & write about why you're grateful for that memory.
2. Who is the one friend you can always rely on, and why?
3. Describe a family tradition for which you are grateful.
4. What personal setback, resulted in a positive situation?
5. Describe the last time someone helped you solve a problem at work.

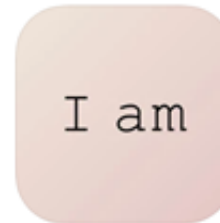
## Gratitude

Book Suggestion: *The Gratitude Jar: A Simple Guide to Creating Miracles*, by *Josie Robinson*

### Suggested Apps:



**Gratitude - Daily Journal**  
Prompts and I am affirmations  
[Hapjoy Technologies Private Limited](#)  
Designed for iPad  
★★★★★ 4.9 • 211K Ratings  
Free - Offers In-App Purchases



**I am - Daily Affirmations**  
Manifest motivation reminders  
[Monkey Taps](#)  
Designed for iPad  
#19 in Health & Fitness  
★★★★★ 4.9 • 329.2K Ratings  
Free - Offers In-App Purchases

