

BRICKIE CONNECTIONS

BRICKIE CONNECTIONS #37: Look for the Helpers

During difficult times, scanning for the helpers can change your perspective. Today and this week, notice the helpers in your daily life. When you start to focus on all the positive encounters you have during the day, you'll find they are everywhere. For a week, keep track of anyone who helps you and notice how that makes you feel. Look for the good and you will notice it more.

LIST OF HELPERS

HOW IT MADE YOU FEEL

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