

# ELEVATE YOUR Q NEWSLETTER

## *Cultivating Positive Daily Habits*



### **ELEVATE YOUR Q**

How mentally fit are you? Your Positivity Quotient (PQ) is the measure of your positivity vs negativity. Increasing your PQ allows you to respond to difficult situations vs reacting to them.



**A Catalyst For Change**

Daily habits play a crucial role in shaping our lives and influencing our overall well-being. By adopting positive habits, we can improve our mental and physical health, increase our happiness, and lead a more fulfilling life.

Positive habits are small, consistent actions that can have a significant impact on our lives. They help us build a solid foundation for personal growth and well-being, making it easier to navigate challenges and maintain a positive outlook. Some benefits of Positive Habits are:

Here Are Practical Tips for Cultivating Positive Habits:

*Start Small:* Begin with small, manageable habits that you can easily incorporate into your routine. Gradually build on them as they become part of your daily life.

*Be Consistent:* Consistency is key to forming lasting habits. Try to practice your positive habits at the same time each day to create a routine.

*Track Your Progress:* Keep a journal or use a habit-tracking app to monitor your progress and stay motivated.

*Seek Accountability:* Share your goals with a friend or join a community of like-minded individuals to stay accountable and receive support.

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