

Your resources to help you shift to a positive state. 🧡

1. Meditation apps, such as Expectful for fertility, pregnancy and parenthood: <https://expectful.com/>
2. Super Soul Sunday Podcast: <https://podcasts.apple.com/us/podcast/oprahs-supersoul-conversations/id1264843400>
3. Why Aren't We Awesomer Ted Talk: <https://www.youtube.com/watch?v=xr6VawX2nr4>
4. The Life Coach School Podcast: <https://thelifecoachschool.com/podcasts/>
5. Gratitude Journaling: What are you grateful for?
6. Go outside! Take a walk and spend time in nature
7. Find a dog! Puppies are the best positive triggers
8. Work Play Love Podcast: <https://podcasts.apple.com/us/podcast/work-play-love-with-lauren-fleshman-and-jesse-thomas/id1368711150>
9. The Food Psych Podcast on intuitive eating with Christy Harrison: <https://christyharrison.com/foodpsych>
10. Morning Pages: <https://www.amazon.com/Artists-Way-Morning-Pages-Journal/dp/0874778867>
11. The Five Minute Journal: <https://www.intelligentchange.com/products/the-five-minute-journal>