



# COMFORT CHALLENGE

**Find something that brings you comfort.**

**Take 5 positive minutes out of your day and write it down. Think about it.**

**What brings you comfort?**

*Is it listening to music, taking a bubble bath, is it going for a run, enjoying a piece of dark chocolate and a hot beverage, or is it cuddling up with you favourite blanket, movie or series.*

**What does that comfort feel like to you?**

**How would you know when you need to use some of these comforts you've identified.**

**Make this your goal! In the next week I will...**

**Fun fact: Did you know, you are 42% more likely to achieve your goals if you write them down.**