

SMART Program (Summary Sheet)

Joyful Attention:

Morning gratitude – Wake up thinking about five people in your life you are grateful for.

Three minutes rule – Do not try to improve anyone in your family for three minutes when you connect with them.

Two seconds of attention – Notice at least a few things each day for an extra two seconds.

Kind Attention:

Send a silent good wish (Bless you) to a few people for the first two seconds you see them.

Interpretations (Emotional Resilience):

Develop a healthier, happier and kinder perspective following these principles:

Monday	Gratitude
Tuesday	Compassion
Wednesday	Acceptance
Thursday	Meaning
Friday	Forgiveness
Saturday	Celebration
Sunday	Reflection / Prayer

Resources:

Mayo Clinic Guide to Stress-Free Living

Mayo Clinic Handbook for Happiness

@amitsood md