

GritGraphic[©]



Your handy tool to **live above the line** and find joy.

Past

- Celebrate progress made
- Learn from mistakes
- Relive positive moments



Present

HAPPINESS ZONE

- In the moment
- Focused on positive thoughts
- Zapped and zapping

Future

- Visualize success
- Focus on what you want
- Focus on vision for the future

T H E J O Y L I N E

- Worry and guilt
- Regret
- Relive mistakes

- Thousands of thoughts
- Stuck in the negative
- Sapped and sapping

- Visualize failure
- Focus on what you don't want
- Worry and anxiety
- Fear