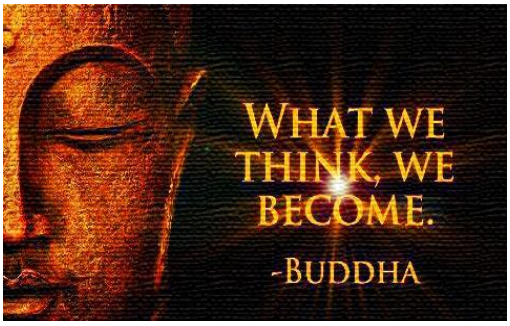
Helpful Reads

- Authentic Happiness – Martin E.P. Seligman
- Mindful.org
- Mindset: The New Psychology of Success – Carol S. Dweck
- Positivity – Barbara L. Frederickson

## Visualize your goals




Write Down 5 Positive Thoughts

1.
2.
3.
4.
5.

## Practice Gratitude

### Write Down 3 Things You're Thankful For

1.
2.
3.

HELPFUL RESOURCES AT USC

- Group Counseling - http://engemannshc.usc.edu/counseling/groups/
- Office of Religious Life - http://orl.usc.edu/programs/
- Student Organizations - http://sait.usc.edu/stuorgs/
- Student Resource Center – Engemann Student Health Center Room 203
- USC Fisher Museum of Art - Free Yoga - http://fisher.usc.edu/education/#ecal-913890
- USC Wellness – http://bewell.usc.edu/