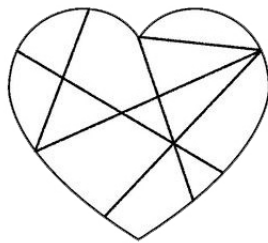


Heart Treasure Map

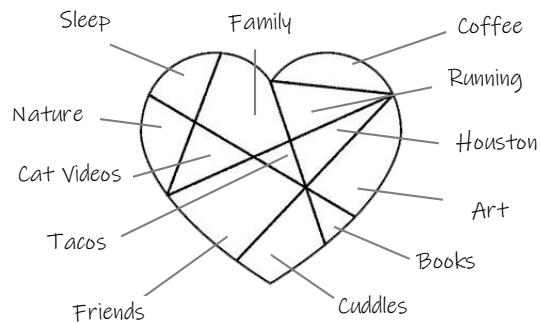
When we routinely practice positive thinking, our brain makes connections that support further positivity. We come to see the world in a more optimistic way, and over time find we are naturally more positive. Research shows when you spend a few minutes each day focusing on being grateful, your brain starts to develop a pattern of scanning the world for positives rather than negatives after only three weeks.

Set aside a moment today to think positive. Draw a picture of all your heart's treasures – literally. Fill in the shape on the previous page with the things you desire, dream of, and love. You can find photos, color each section or simply assign a section to each corresponding desire. However you do it, your heart will be full by the time you finish this exercise. Once you are done, hang the heart in a place you can easily view throughout the day and when you are feeling pessimistic, glance at your heart and remember all of the positive things in your life.

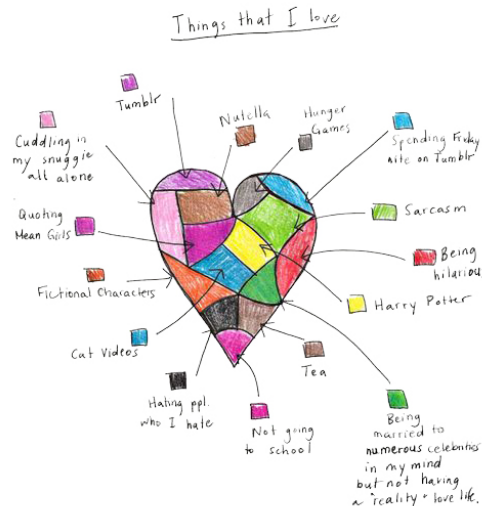
Step 1. Draw lines on the heart randomly



Step 2. Label your heart sections



Optional Step 3. Draw, color, or paint your sections



CENTER FOR PERFORMING ARTS MEDICINE
www.houstonmethodist.org/performing-arts

In an effort to further support Houston Methodist's holistic environment of caring, we have a live stream of music from Wiess Memorial Chapel. To enjoy, tune in to Channel 5 on the in-room television Mondays through Thursdays from 1 to 3 p.m.

