

Annie Harvey

Purpose:
Boost your energy, mood, and connection.



Video 3 was all about the people/role models/cheerleaders in your life. There's also a section on empathic distress. Try out the prompt below and then write down a couple of people in your Run Squad, specifically related to a life area you chose in Handout 1/Video 1.

Why it works

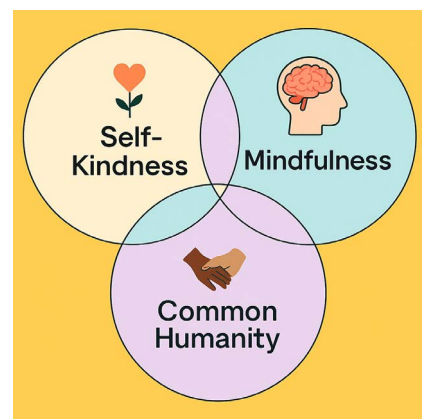
Positive social contact and small joys trigger happy chemicals (dopamine, oxytocin, serotonin, endorphins).

Examples

- Ask: "How can I be the best part of someone else's day today?"
- Share a genuine compliment or thank-you.
- Do a small act of kindness for a teammate.
- Create a "small joy anchor" — something you return to after tough moments.

Try this prompt

- ☐ "Who could I encourage today?"



RUN-Squad



Role Models

— social modeling



Refiners

— stretch and grow you



Ralliers

— cheer you on

→ (social persuaders)

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