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Video: Think small to feel better

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[VIDEO – Think Small to Feel Better](#)

What do foam rollers, apple pies and plants have in common? They are all small things that make me happier.

I was inspired to make a video to try to add a bit of sunshine into what might be a dreary, hard day for you. It's certainly been a hard year. We're all spending more time at home, so in this video I invite you into my home to share some of the small things that make me just a little bit happier.

I hope this video inspires you to find the small things in your life that might bring you a bit of joy and make you feel a bit better in your everyday life. It may even put a small smile on your face.

I also hope you've enjoyed reading my Positive Notes series. Throughout the pandemic, I've written columns to try to help you cope with these unprecedented times, covering topics such as communicating with your clients, building trust and finding time to de-stress.

Thanks to all the readers who reached out to express their appreciation for these columns during the pandemic. I look forward to writing more columns — and happier times — in 2021.