

# Useful.

Thriving in a cold and infinite universe where everything is done better, cheaper, and faster by robots

## Thought Vitamins

Thoughts just pop into our head. That may make it seem like we don't have any control over them, but actually, the more we give attention to thoughts, the more we encourage them to flourish.

Keep your head healthy by taking some mental vitamins.

**1** thing that's bothering me that I can let go of right now:

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**2** things about today that I'm looking forward to:

1.

2.

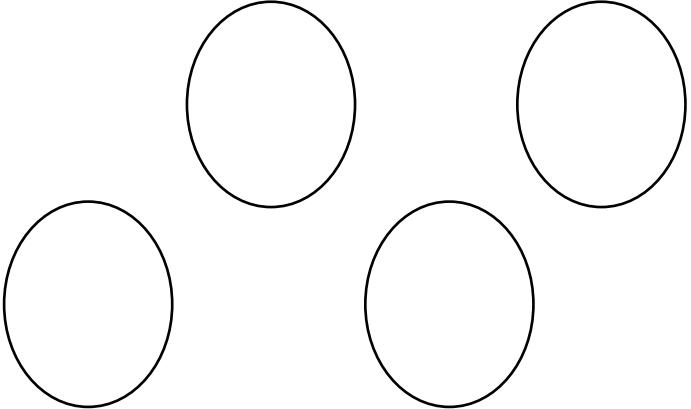
**3** things I can be grateful for:

1.

2.

3.

**4** facial expressions of mine that all mean I'm happy:



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**Useful.**

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