

## List 10 Things that make You Happy?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

Think about these. If you can only think of one or two, put them down. When something else makes you happy - add it to your list

Theses things do not need to be expensive. Open your diary and schedule two or three of these happiness events every week. Do it **now** nor later. **Make** these events happen