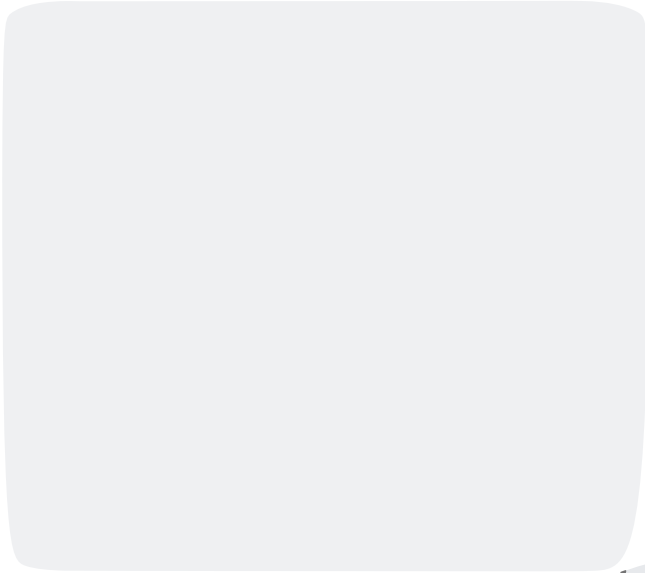


Happiness Triggers

WORKSHEET

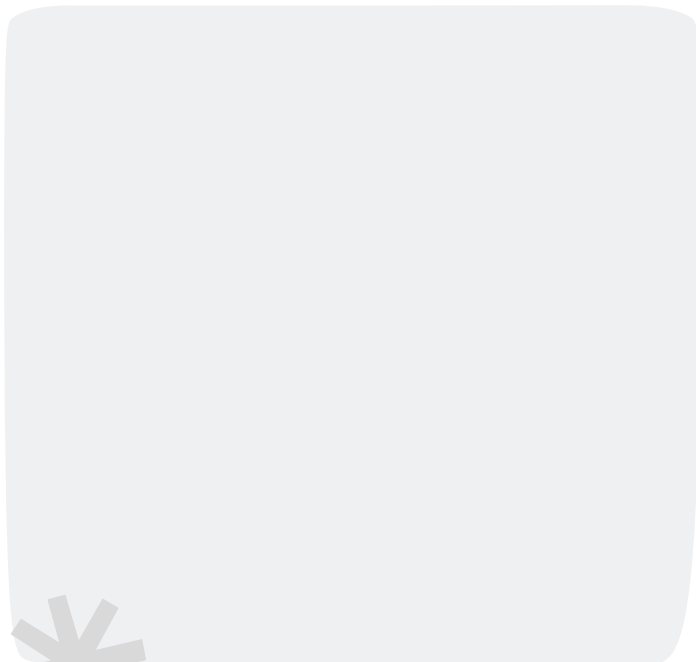
LIST TIMES YOU'VE
FELT CALM



LIST THINGS THAT MAKE
YOU FEEL NOSTALGIC



WHAT COLORS, SOUNDS,
SMELLS & TASTES MAKE
YOU SMILE?



LIST SOME THINGS
YOU'RE GRATEFUL FOR

