

Things that make me feel good...

- ☐ Listening to my favorite song
- ☐ Meditating
- ☐ Chocolate melting in my mouth
- ☐ Creative writing
- ☐ Popping bubble wrap
- ☐ Warm shower or bath
- ☐ Connecting with an old friend
- ☐ Playing with a pet
- ☐ Soothing massage
- ☐ Taking a walk outdoors
- ☐ Dancing
- ☐ Doodling
- ☐ Reading a good book
- ☐ Baking cookies
- ☐ Sleep in a freshly-made bed
- ☐ Exercising
- ☐ Watching a funny movie
- ☐ Gardening
- ☐ Praying
- ☐ Doing a puzzle

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