

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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