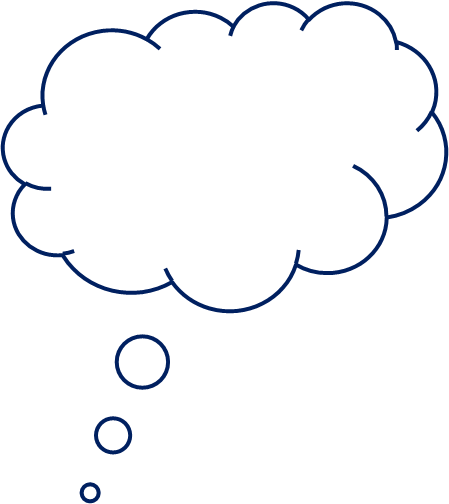
Actioning Happiness



14.

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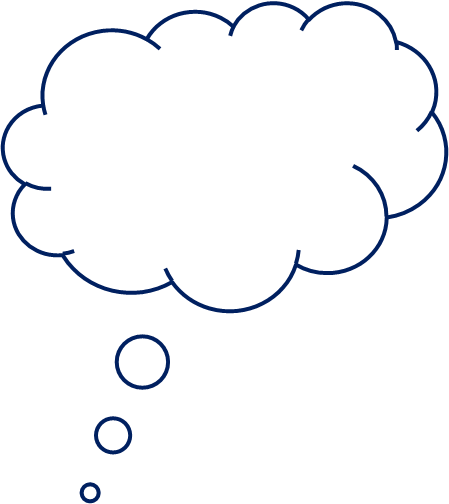


More things I could try:

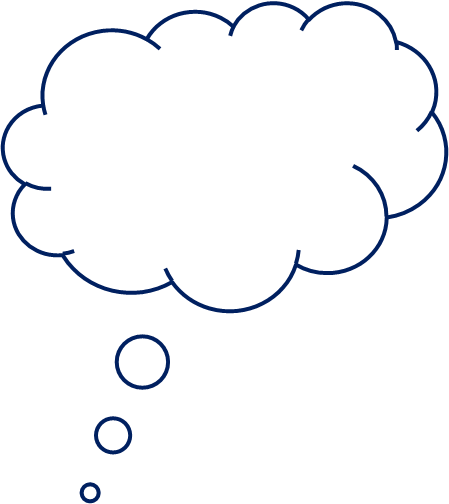
When things are tough this is what I do to bounce back:



When I get up in the morning the things I think about are:



I would like to write a letter of thanks to:



Who else could I say thank you to?

More thoughts that could help my days be even happier would be:

These things make me feel good or happy: