



<b>C</b>	<b>R</b>	<b>E</b>	<b>E</b>	<b>D</b>
CLEAR YOUR MIND	MAKE SOMEONE SMILE	LET SOMEONE KNOW THEY ARE SPECIAL	GIVE YOURSELF A COMPLIMENT	GIVE ENCOURAGEMENT
THINK OF SOMETHING YOU HAVE FINISHED	LIST 3 WAYS TO IMPROVE YOUR MOOD	HELP SOMEONE WITH A TASK	HELP A FRIEND	MAKE SOMEONE LAUGH
FORGET A MISTAKE	THINK OF SOMETHING PEACEFUL	FREE SPACE	LIST 3 WAYS TO BE HEALTHIER	WRITE A NICE NOTE TO SOMEONE
SING A SONG THAT MAKES YOU SMILE	LEARN SOMETHING NEW	LIST 3 FUTURE GOALS	THINK OF SOMETHING THAT MAKES YOU HAPPY	DRAW A NICE PICTURE
MAKE A LIST OF YOUR FAVORITE THINGS	GIVE TO OTHERS	THINK OF SOMETHING THAT CAME TRUE	GIVE PRAISE	MOTIVATE OTHERS