



- Lift the corners of your mouth, gift yourself a smile



- Sense your current feelings or any bodily reaction for a moment



- Do something you enjoy, e.g. plant something or call a friend for a game



When you are happy, sad, or stressed,  
take care of your needs, and appreciate your accomplishments

How do you feel now?

What are your strengths?

What are your wishes?



- Write down three good things that happened in the past week



- Write down three praises for yourself



- Make a vision board and record your wishes