**Anticipation**

What is one event in the future that you are looking forward to? (it can be anything ranging from a good meal you will have to a vacation)

What specifically about that event are you looking forward to?

**Gratitude**

What are three things that you are grateful for?

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**Appreciation for others**

Name one person that you are grateful towards

Why are you grateful towards this individual?

What can you do to show them you are grateful?

**Accomplishments**

What is an accomplishment that you’ve made recently that you are proud of

What makes you proud about it?

**Enjoy the moment**

Take 10 slow and deep breaths. Are you feeling calmer?

Take a scan of your surroundings. What pleasant things come to mind? (If you’d like, you can substitute surroundings with your favourite place)

**Express Gratitude**

Who is one person that you are grateful towards?

What would you say to them?

**3 Good Things**

What are 3 Good things that have happened to you recently?

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**Compassion**

Think of your loved ones. Now write 3 blessings to them (i.e. I wish you happiness, I wish you love, I wish you joy)

Now think of some people who are your acquaintances. Now write 3 blessings to them.

Finally, think of some people who you currently hold a grudge against. Now write 3 blessings to them.