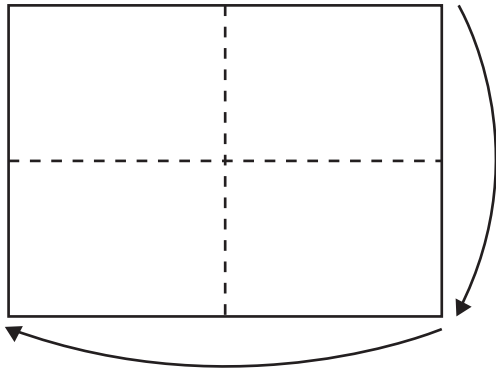


# What Makes You Smile?

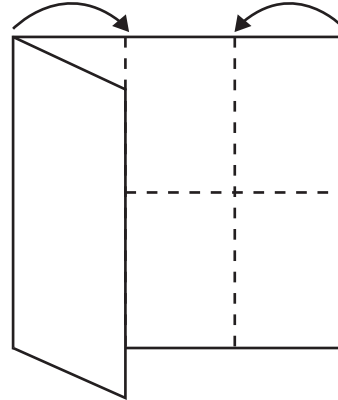
Try it for a week and see how you feel at the end

Make your own '3 good things' gratitude journal!

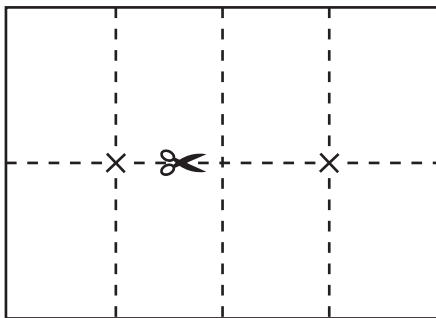
Small enough to keep in your pocket for when you notice anything good happening around you – jot it down!!



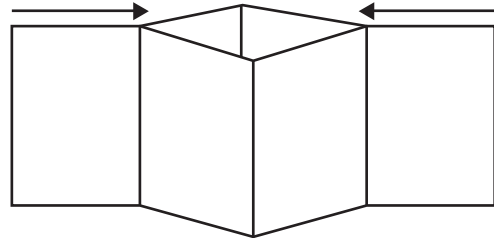
Fold in half both ways.



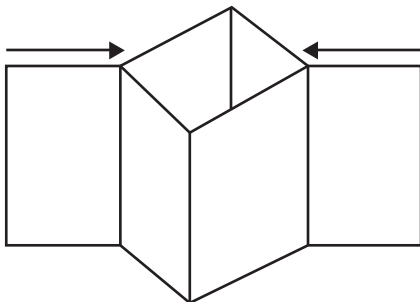
Fold into the centre.



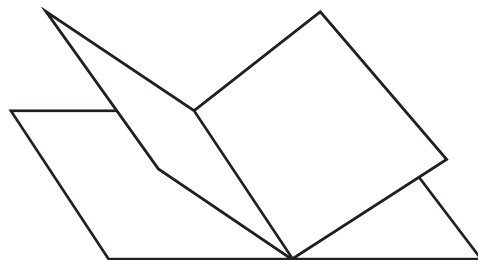
Cut along the centre fold carefully between the two crosses.



Fold in half then open up at the cut in the centre.



Push together until it forms four pages.



Fold so it forms a cover on the outside.