

"There is no greater
agony than bearing
an untold story inside
you." - Maya Angelou

"When one door of happiness
closes, another opens; but often
we look so long at the closed
door that we do not see the
one that has opened for
us." - Helen Keller

"Without music, life
would be a mistake."

- Friedrich
Nietzsche

"You may say I'm a dreamer,
but I'm not the only one. I
hope someday you'll join us.
And the world will live
as one." - John Lennon

"The more grateful I
am, the more beauty
I see." - Mary Davis

"Life isn't about finding
yourself. Life is about
creating yourself."

- George Bernard Shaw

"There are two ways to live your life. One as though nothing is a miracle. The other is as though everything is a miracle." - Albert Einstein

"Gratitude is the sweetest thing in a seekers life - in all human life. If there is gratitude in your heart, then there will be tremendous sweetness in your eyes." - Sri Chinmoy

"I am enough an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."
- Albert Einstein

"Be yourself; everyone else is already taken."
- Oscar Wilde

"Be the change you wish to see in the world." - Mahatma Gandhi

"No one can make you feel inferior without your consent."
- Eleanor Roosevelt

"Walk on with hope in
your heart, and you'll
never walk alone."

- Shah Rukh Khan

"Gratitude is when
memory is stored in the
heart and not in the
mind." - Lionel Hampton

"You can not do a kindness
too soon because you never
know how soon will be
too late."

- Ralph Waldo Emerson

"Fairy tales are more than true:
not because they tell us that
dragons exist, but because
they tell us they can be
beaten." - Neil Gaiman

"I have not failed. I've
just found 10,000 ways
that won't work."

- Thomas A. Edison

"Gratitude will shift you
to a higher frequency, and
you will attract much
better things."

- Rhonda Byrne

"At times, our own light goes out and is rekindled by a spark from another person. Each of us has a cause to think with deep gratitude of those who have lighted the flame within us." - Albert Schweitzer

"Happiness can not be traveled to, owned, earned, worn, or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." - Denis

Waitley

"Live as if you were to die tomorrow. Learn as if you were to live forever."

- Mahatma Gandhi

"Great things happen to those who don't stop believing, trying, learning, and being grateful."

- Roy T. Bennett

"No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude."

- Alfred North Whitehead

"Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul."

- Amy Collette

How to relax in 10 seconds.

Close your eyes and count to 10. This is enough to block distractions and change brain wave patterns.

Stretching Stress Relief

Start by shrugging your shoulders. Then turn your head right left front, and back. Reach up to the ceiling. Lastly, stretch your arms and wiggle your fingers.

Take a deep breath.

Place one hand on your chest.

Breathe deeply and try to feel your hand rise. Place the other hand on your stomach and see if you can get your hand to raise further on your stomach.

Coping Skills

- * deep breathing
- * listen to music
- * talk w/ someone
- * limit Caffeine
- * go for a walk
- * exercise
- * dance
- * meditate
- * watch a movie
- * Laugh

If you wrote a story detailing the things you've learned about life, how would it start?

Self-care for the Mind

- * have a routine
- * practice mindfulness
- * try a new activity
- * Journal
- * Express your feelings

Self-Care for the Body

- * take a walk
- * get good sleep
- * Eat healthy
- * get up and dance
- * limit alcohol intake

5 Minute Activities to Get out of a Funk!

- * Find a quiet place
- * Deep breathing
- * Day dream
- * Take a walk
- * Make someone else's day



What things
make you smile?

What did you
wake up grateful
for today?

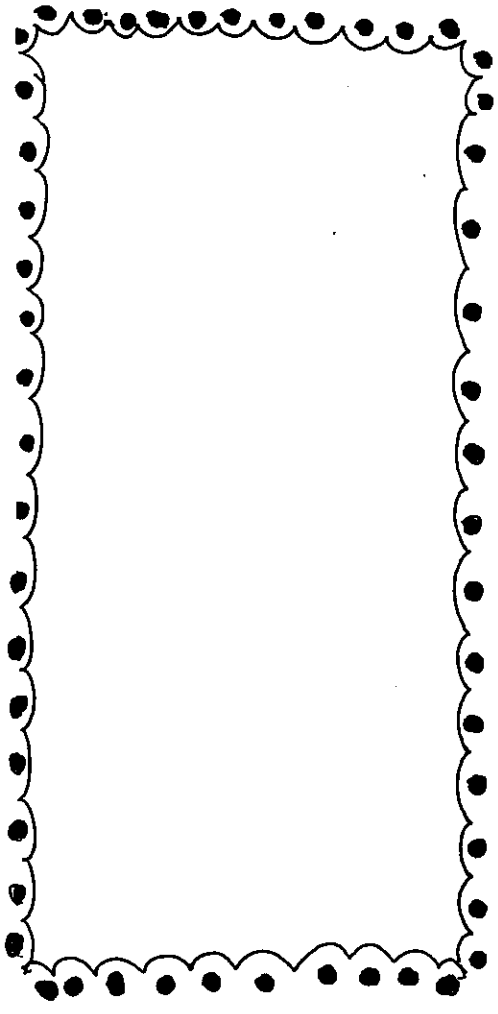
Finish these sentences:

When I am stressed I:

I feel better after I try:

I am thankful for:

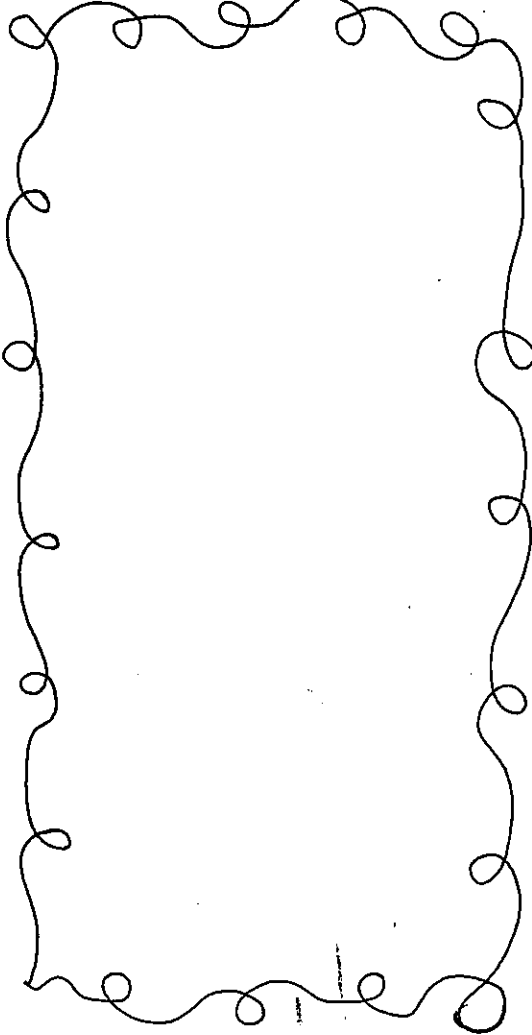
Music is good for your
soul. What is your
favorite song? Why?
Why do you like it?



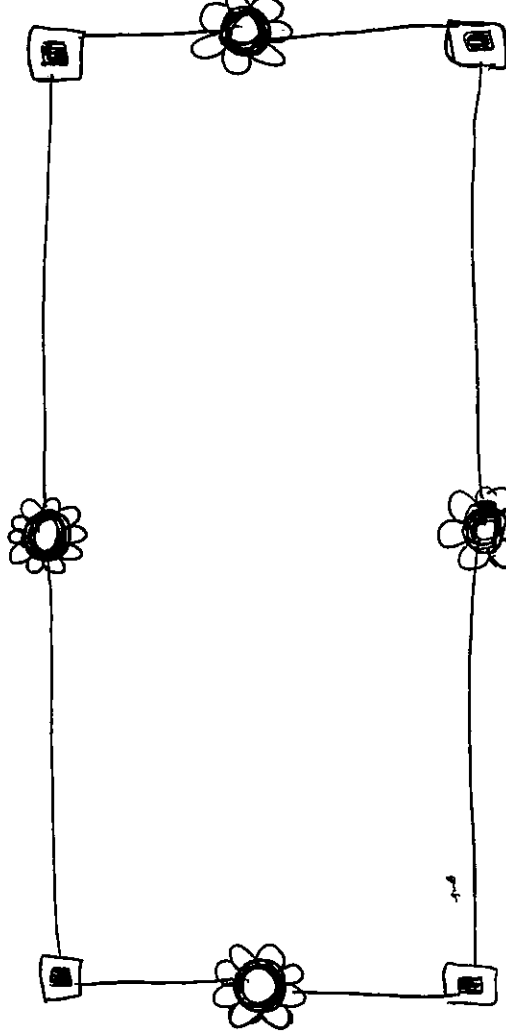
List 3 Goals you have:

1. _____
2. _____
3. _____

How to draw a rose:



What is your favorite activity to do outside?



Finish the sentences:
I support my friends by:
They support me by:
We are awesome because:

What home or
gardening projects
do you have?
Why not start?

If you were a
character in a book,
how would you describe
yourself?

Are there any
books you have to
been meaning to
read? Take the time.

Positive Attitude

- Chose to be happy
- Don't take yourself too seriously
- Always be yourself
- Do things you enjoy
- Don't try to please everyone.

Do you have any
superstitions?
Do you follow them?