



20 min

# These are a few of my **FAVOURITE** things

Intent and Purpose: We find happiness in small things around us. This activity is to rekindle those that bring you joy, for you to appreciate the various ways to engage to experience happiness.

List out things that make you happy -  
objects, memories, thoughts, sounds including music (songs, tunes, instruments etc), smells, tastes, textures, experiences....



Objects

Sounds including music (songs, tunes, instruments etc)





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Thoughts





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Experiences





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Textures

Tastes

Smells



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Memories

