

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

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

List out things that make you happy -
objects, memories, thoughts, sounds (including 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

