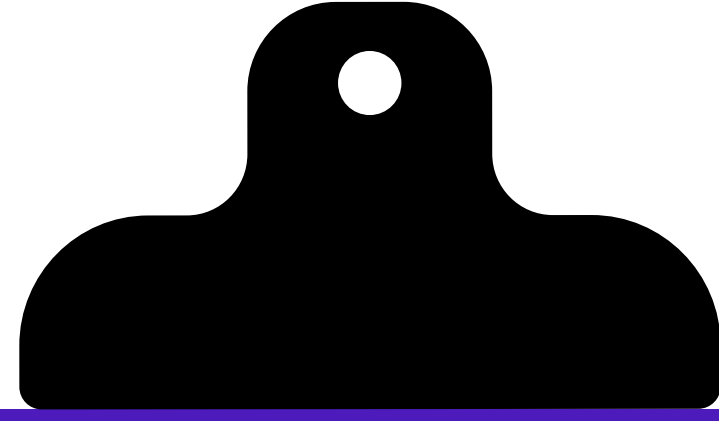


## HAPPY MEMORY JOURNAL

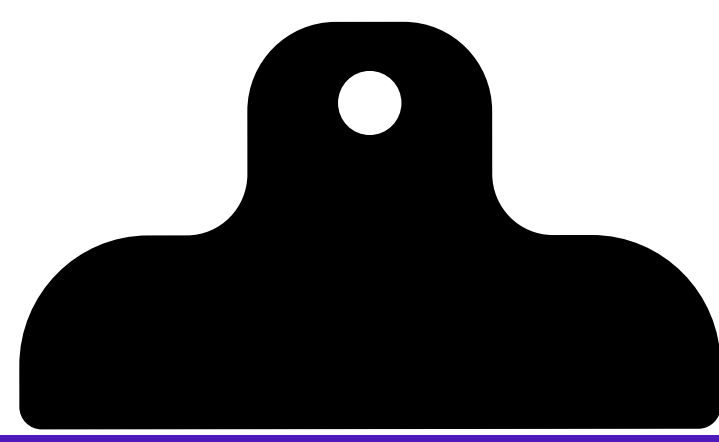
Write down things that make you happy during the day. You can use the template below or a notebook you may already have. Add lots of detail so you can picture these happy memories in your mind when you read them later. Try to write in your happy memory journal at least once a day, and even more if you want to. Soon your happy memory journal will be full of wonderful, positive memories for you to look back on.



**MONDAY**

**TUESDAY**

**WENESDAY**



**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**