



# BREAKING IT DOWN

## GET SPECIFIC: WHY WAS IT SO GREAT?

Now its time to think critically about **why** you enjoyed yourself so much. Think of 10 things that were going well for you. Some examples are: the weather, your job, the people around you, or your health - but use your own experiences!

**one**

**two**

**three**

**four**

**five**

**six**

**seven**

**eight**

**nine**

**ten**



# PLAN TO BE HAPPY

## HOW TO GET BACK TO WHERE YOU WERE

Now that you know what was making you happy, you can begin to change your situation for the better. Compare where you were and how you felt to what's going on now, and make a plan to improve things.

**where you were**

**where you are**

**how to improve**

