

JOYFUL MEMORY!

- 1) Close your eyes.
- 2) Remember a time when you were filled with joy.
- 3) Where were you?
- 4) Who were you with?
- 5) What were you doing?
- 6) What sounds did you hear?
- 7) What smells did you notice?
- 8) What sensations did your body feel?
- 9) Remember all these things and relive this memory!

