

## The Happy List

Fill in your *Happy People* (People whom you love and trust who cause you little to no conflict. You can include your pets!), *Happy Places* (Fill this box up with places that are safe and bring you joy), *Happy Food* (All your comfort food comes here—add a beverage, starter, main-course and dessert) and *Happy Things* (These can be a mix of activities that bring you joy and objects that make you happy). Take your time. If you haven't discovered it yet, add on when you do!

<p style="text-align: center;"><b>Happy People</b></p>	<p style="text-align: center;"><b>Happy Places</b></p>
<p style="text-align: center;"><b>Happy Food</b></p>	<p style="text-align: center;"><b>Happy Things</b></p>