

Happy days and how I want spend my days?

Use this to inspire your endorphins

and imagine better.

**What brings me happiness
right now?**

**What I would change right
now?**

**Who would I love to see
more of currently?**

**Who don't I want to see
currently?**

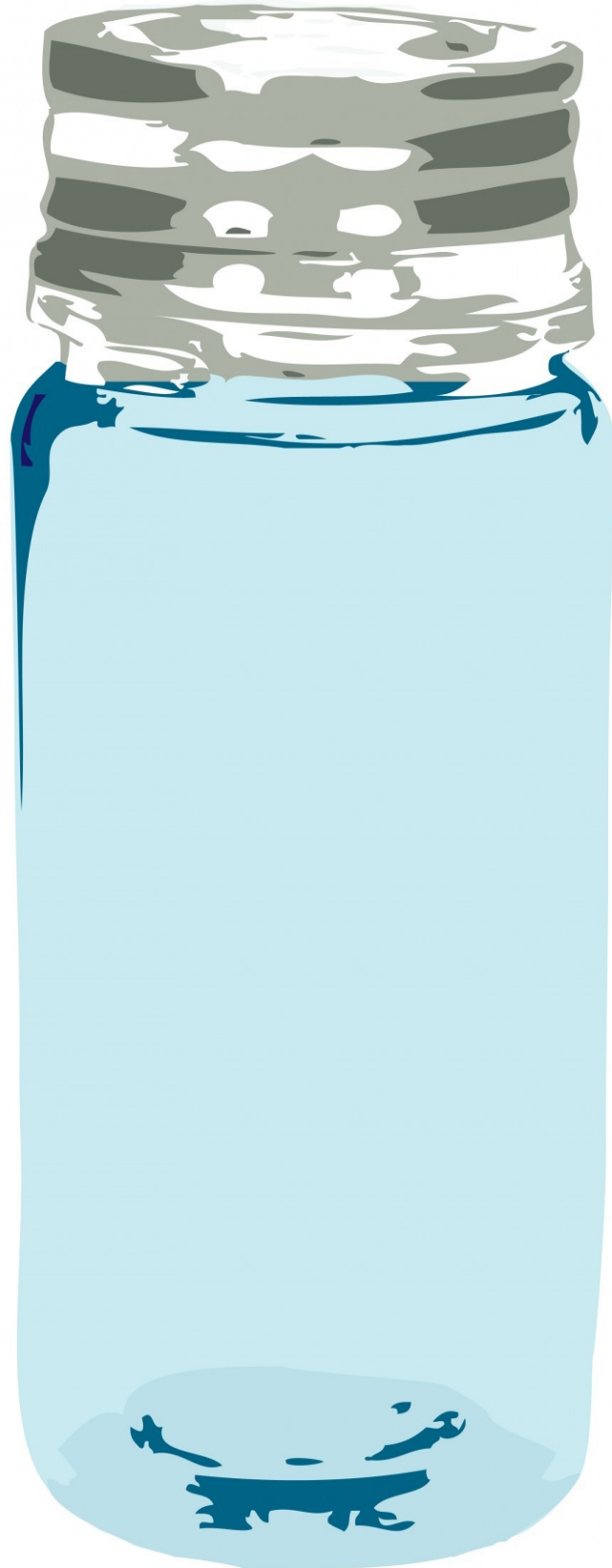
If there is one area in your life you'd like to relive?

If you had a happiness jar what would you put in it?



If you had a jar of happiness what would you put into it?

Now it is your turn to fill in the Jar



What would make a difference to my life? And how happy do you want to feel in a years time?