

## **Worksheet for Chapter 5 – More JOY**

1. If you haven't done it before, purchase a small notebook and write at least one positive thought each day.
2. Look for positive quotes and write them down. Read them every day. Post your favorites on your mirror or your refrigerator.
3. Use a calendar that has space to write and put a happy face on every day that you accomplished one positive gesture...a smile, thank you, hug, or positive gesture.