

# Shower Power

What am I happy about today?

What am I grateful for?

Who are my loved ones?

Who loves me for me?

What can I do to make  
today fantastic

What can I acknowledge  
within myself today

What can I do to make  
a difference today?

If you can change your state,  
you can change your life!



# Shower Power Questions

Print off the question  
sheet

Laminate

Place in the shower  
where you can see them  
daily

Ask your self each  
question as you shower

Notice how your state  
changes to one of  
positivity and control