WHY DON'T YOU TREAT YOURSELF TO YOUR FAVOURITE FOOD TODAY?



WORK IN PROGRESS

Food affects our mood.
Get your favourite food

Write down how you feel before you eat and how you feel

WHICH NEIGHBOUR WOULD YOU LIKE TO MEET?



Does one of your neighbours	
sympathetic, but you've never	
exchanged more than "helos"	
with him so far?	
When will you invite him for	
coffee/tea?	
Record here how it went.	

HAVE YOU EVER GOT LOST AND STILL FOUND YOUR WAY BACK?



Sometimes the path is	
rocky and difficult.	
,	
Describe the lattime you lost	
your way, but then found your	
way again.	
how did you feel after you got	
back on track?	

CREATE A BEAUTIFU SUMMER DAY FOR

- even if it is not summer



WORK IN PROGRESS

Unpack the sunscreen and rub it on. The smell alone brings back memories.

Revel a little in the Thoughts and if it's really warm

right now, take advantage of the good weather!

Do you feel a change in mood?

WHEN WAS THE LAST TIME YOU PAINTED SOMETHING? GET OUT YOUR PAINTS AND PENSI

_	
It doesn't have to be a	
masterpiece. Art is not only about the end product, but	
also about the process.	
What went through your	
mind when you were parting?	



WHEN WAS THE LAST TIME YOU DID SOMEONE A FAVOUR? HOW DID IT MAKE YOU FEEL?

WORK IN PROGRESS

We are not only happy who someone does us a favour, but als

Just clo something nice for a stranger. Return the shopping

trolley, offer someone a seat on a crowded bus or let someone go first

How do you feel about th

WATCH THE STARRY SKY OR MAYBE THERE WILL BE A SPECIAL ASTRONOMICAL EVENT SOON?

WORK IN PROGRESS

Pick a night when the sky is	
clear, Preferably away from	
the city. You can see the	
stars particularly well	
there.	

What did you feel and think?

CONTEMPLATE THE SUNRISE OR THE DUSK.



IN WHICH SITUATION HAVE YOU EVER RECEIVED HELP?



When was the last time
you got help?

Did you find it difficult to
accept or ask for them?

How about the other way bround, when you offer the help?

WHAT DO YOU NEED TO BE HAPPY? WHAT CAN YOU DO TO HELP HIM A LITTLE?



are there things that would make you happier at the moment? How do you define happiness?

And the most important:

be happier?

KÜMMERE DICH UM EIN HAUSTIER.



WORK IN PROGRESS

Animals are simply the best
listeners. They have
absolutely no problem

and showing their feelings

Take care of an animal and record here whether the experience has brought



WORK IN PROGRESS

It is difficult to express fears and worries, but it is also relieving.

If you don't want to talk about it with your friends or relatives, then

Do you feel relef





SURROUND YOURSELF WITH FLOWERS AND PLANTS. RIEVE ON THEM. CONSIDER THEM.



_	
A little task for the senses I Sit in	
a field of flowers or go to a flower shop.	
What smells do you perceive?	
How do the leaves feel	
between your fingers?	
Do any feelings come up?	

DO WHAT YOU FEEL LIKE DOING - NO MATTER HOW WEIRD OR FUNNY OTHERS THINK IT IS!



People are different. So are their hobbies and what brings them joy.	
Just do what you feel like doing, no matter what others think.	

MAKE UP - JUST FOR YOURSELF OR USE YOUR FAVOURITE PERFUME.



WORK IN PROGRESS

utting on make-up or your favourite scent should not be a

Do this for yourself if it makes you feel more

How about dressing up even

WHAT DO YOU WANT TO CHANGE ABOUT YOURSELF? WHY?



WORK IN PROGRESS

What are yours?	
Do you want to change something	
about your appearance or are you	
massively disturbed by	
characteristics?	

wny do you want to change things?