

FAST HAPPY: GRATITUDE

Think of 5 Cool Things About Each Below

5 Cool Things About You

5 Cool Things About Life in General

5 Cool Places to Go

5 Cool Activities to Do

5 Cool Things You Have

5 Cool Friends / Family

5 Cool Things About Your Past / Present

5 Cool Things You Look Forward

5 Cool Movies, TV Shows, Plays

5 Cool Songs

5 Cool Books

5 Cool Foods You Enjoy