

# NOTES TO MYSELF

## *finding the Silver Lining*

### THE GOOD

5 things that are going well.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### THE CHALLENGE

A recent situation that hasn't gone your way.

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### THE SILVER LINING

What's the bright side of that negative situation?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I AM IN CHARGE OF HOW I FEEL AND TODAY I AM

*choosing happiness!*