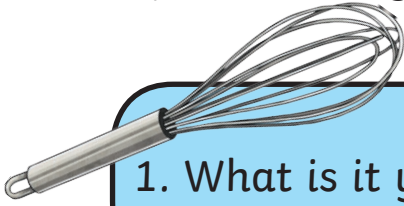


Think Yourself Happy!

If you are struggling to feel happy, try to change what you are thinking about. Try to think about one of these questions and answer that question in your head.



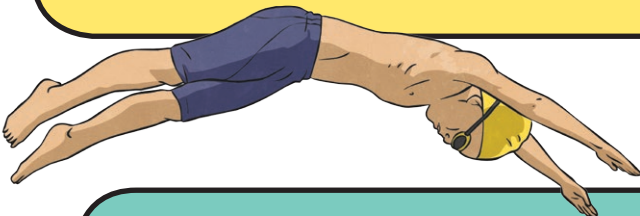
1. What is it you want to do? What do you dream of doing?



2. Where do you feel safe being alone? Don't think about being alone as scary; it's good to be on your own and have time for yourself.



3. What is it you love to do more than anything else? Think about what this is. What is it that you enjoy so much?



4. What are the things that you love about yourself? What makes you proud to be you?



Keep these questions in your head, so when you start to have sad or negative thoughts, you can change them into positive thoughts.

Think yourself happy!