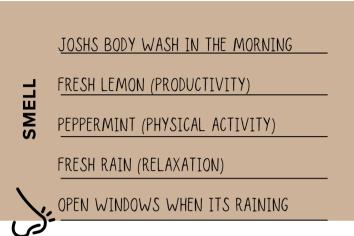
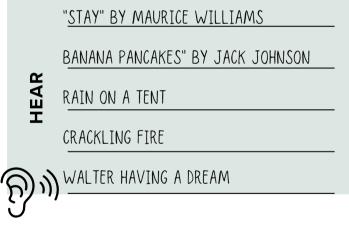
EXAMPLE HAPPINESS GUIDE

This is a resource that can help you on hard days. Think about things in each category that make you feel deeply happy and at peace. Try to integrate more of these into your everyday life, but also use this to pull from when you need some TLC.

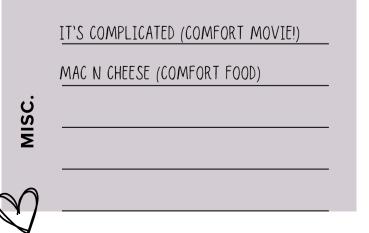








		SIMPSON SKIES (BLUE W/ FLUFFY CLOUDS)
	SEE	VIEW DOWN OUR STREET
		SUNSET OVER THE CANAL
		WALTER'S FACE
		SUN DANCING ON WATER
/		



HAPPINESS GUIDE

This is a resource that can help you on hard days. Think about things in each category that make you feel deeply happy and at peace. Try to integrate more of these into your everyday life, but also use this to pull from when you need some TLC.

Топсн	SMELL	
TASTE	HEAR	
SEE	MISC.	