

Hacking Your Mood

Fill out these lists, and refer to them anytime you are feeling down. When you need a boost, pick a list and read the items to yourself as you picture each item in your mind. Consider remaking these lists at least once per year.

What makes you happy?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

What do you want or need?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

What are some things in your life to feel good about?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

What are some small things you can do for yourself?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____