

Focus on things that you're glad about to cheer yourself up

Journaling / Discussion Questions

What abilities do you have that you're glad about?

What are beverages that you're glad about?

What are books that you're glad about?

What are colors you're glad about?

What are foods that you're glad about?

What are hobbies that you're glad about?

What are movies you're glad about?

What are some freedoms that you're glad about?

What are some modern medical technologies that you're glad about?

What are some places you're glad about?

What are some vacation destinations that you're glad about?

What are songs you're glad about?

What are stores that you're glad about?

What else are you glad about that you've not listed above?

What life experiences have you had that you're glad about?

What technology are you glad about?

What types of shelter and protection are you glad about?

Who are people who can help you when you're in need?

Who are people you're glad about?

Who are some famous people who you're glad about?

Who are some teachers and mentors you're glad about?

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