

DOES IT MAKE YOU FEEL GOOD?

Which of these things make you feel good? Sometimes we may forget to “water the plant” and nurture ourselves so we can be happy and strong when we branch out and contribute to others. Circle the ones below that make you feel good, and make a point of giving yourself the gift of being good to you too!

- ◆ Falling in love.
- ◆ Laughing so hard your face hurts.
- ◆ A hot shower.
- ◆ No lines at the Super Wal-Mart.
- ◆ A special glance.
- ◆ Getting mail.
- ◆ Taking a drive on a pretty road.
- ◆ Hearing your favorite song on the radio.
- ◆ Lying in bed listening to the rain outside.
- ◆ Hot towels out of the dryer.
- ◆ Finding the sweater you want is on sale for half price.
- ◆ Chocolate milkshake. (or vanilla!)
- ◆ A long distance phone call.
- ◆ A bubble bath.
- ◆ Giggling.
- ◆ A good conversation.
- ◆ The beach.
- ◆ Finding a \$20 bill in your coat from last winter.
- ◆ Laughing at yourself.
- ◆ Midnight phone calls that last for hours.
- ◆ Running through sprinklers.
- ◆ Laughing for absolutely no reason at all.
- ◆ Having someone tell you that you're beautiful.
- ◆ Laughing at an inside joke.
- ◆ Friends.
- ◆ Accidentally overhearing someone say something nice about you.
- ◆ Waking up and realizing you still have a few hours left to sleep.
- ◆ Your first kiss.
- ◆ Making new friends or spending time with old ones.
- ◆ Playing with a new puppy.
- ◆ Having someone play with your hair.
- ◆ Sweet dreams.
- ◆ Hot chocolate.
- ◆ Road trips with friends.
- ◆ Swinging on swings.
- ◆ Wrapping presents under the Christmas tree while eating cookies and drinking eggnog.
- ◆ Song lyrics printed inside your new CD so you can sing along without feeling stupid.
- ◆ Going to a really good concert.
- ◆ Making eye contact with a cute stranger.
- ◆ Winning a really competitive game.
- ◆ Making chocolate chip cookies.
- ◆ Having your friends send you homemade cookies.
- ◆ Spending time with close friends.
- ◆ Seeing smiles and hearing laughter from your friends.
- ◆ Holding hands with someone you care about.
- ◆ Running into an old friend and realizing that some things (good or bad) never change.
- ◆ Riding the best roller coasters over and over.
- ◆ Watching the expression on someone's face as they open a much-desired present from you.
- ◆ Watching the sunrise.
- ◆ Getting out of bed every morning and thanking God for another beautiful day.
- ◆ What else could you add to *your* list and share with another?

I believe that friends are quiet angels who lift us to our feet when our wings have trouble remembering how to fly. Lets support each other in Enjoying The Journey of life with love together!