

## My Happiness Toolbox

1. List 3-5 pertinent Bible verses and/or encouraging sayings.
2. Make a memory museum with at least 10 of your most favorite great memories.
3. Write down 20 things that you are thankful/grateful for right now.
4. List 10 things that are particular mood lifters for you.

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5. Write down the names of 3 people you can call or talk to who will cheer you, break the spiral, or even "talk you off the ledge".
  
6. List 3 important perspectives toward life.
  
7. List 5-10 major answers you have had to prayer.
  
8. List 3-5 things you could do for others.
  
9. List 3 physical activities that you like to do.
  
10. Any other tool you can think of that you might find useful.

Go to [www.vanessamarsden.com](http://www.vanessamarsden.com) to article "Happiness Even During Hard Times" for more informations on the use of the the Happiness Toolbox.