

**What's
Good.**

What are some of the
good facts
in your life these days?

- Look around you, what can you see that has beauty?
- What is something you are grateful for?
- What has happened today that has been good?
- What is something you are looking forward to?
- Over the past week, when did you feel included, seen, liked, or appreciated?

Pause for a bit..... breathe it in.

Let the good facts become a good feeling.