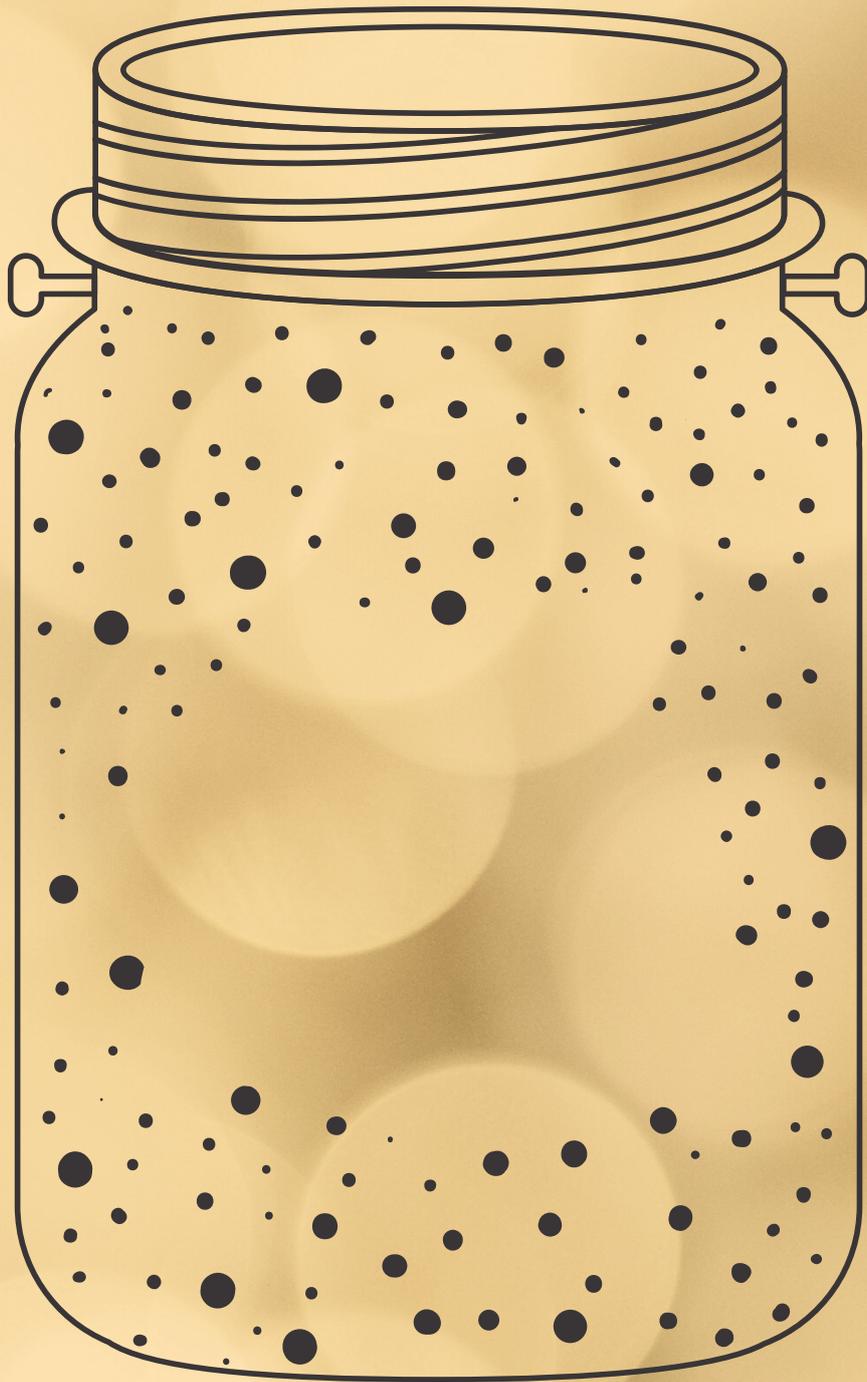


Happy Thoughts



Find yourself a jar and decorate it if you want to. Get everyone you know to write something nice about you AND write all the good things that happen to you during the day or week on a small piece of paper. Fold the paper up tightly and place it in your jar. Watch the jar fill up with all the happy and positive comments. Take them out and read them when you are having a down day.

