



Create your own 'Feel Good File'

Whenever you are feeling a little under par or lacking in confidence, use this information to immediately give yourself a boost. If you spend some time thinking about your good friends, fun activities, reasons to be happy in general, you will soon begin to feel a whole lot better!

Activities that make me feel happy...

Friends or colleagues that inspire me and make me feel good...

Songs that uplift me...

Recent achievements...

Favourite positive affirmations...