








Feel Good Check List

You can use this checklist when you are feeling sad or angry to help Bounce Forward from tough times.

	A song, band or singer which always makes me happy is...	
	A person who always makes me happy is...	
	A memory which always makes me happy is...	
	A TV show/film which always makes me happy is...	
	A food which always makes me happy is...	
	A drink which always makes me happy is...	
	The best thing about life is...	