



Worksheet 10:

Things that make me feel good

Name Date

 **Instructions**

Consider some of the things that have made you feel good this week. What was the situation and how did it make you feel - happy? excited? proud? safe?.

I felt good when...

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And it made me feel...

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I felt good when...

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And it made me feel...

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Things that made me feel good this week...

I felt good when...

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And it made me feel...

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I felt good when...

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And it made me feel...

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