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Creating your 'Things that make me feel good' list

Sometimes, when you're having a difficult day, it can be really hard to pull yourself out of a negative space and get yourself into a good mood again.

I have found by having a list of things that I have written down of 'things that make me feel good' that it's much easier to get myself in a better place because I can just do one or two of the things on that list quickly and easily and immediately – I feel a lot better.

I encourage you to complete a list now, as soon as you start using the diary, so it is there for you on days when you need cheering up!

Here is an example of things on my list...

- Flowers
- Lighting a nice candle
- Reading a magazine
- Yoga class
- Giving money to charity
- Spending time with a friend
- Working in an inspiring up beat café
- Walking on the beach
- Massage
- Listening to music
- A spray of my favourite perfume
- A hardcore gym workout
- Cooking
- Bush walks
- Enjoying a cuppa on the deck

These don't have to be expensive things or things that require a lot of effort. Often, it's the little things in life which make you feel good 😊.