



REFLEXION

## THIS LIGHTNESS MADE MY DAY!

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Draw a backpack on a piece of paper.

Think about the heavy things you carry inside you, like worries or bad memories. Write each one down and put them inside the backpack. When you're ready, tear up the paper with the heavy things. Let go of the weight you're carrying.

*By tearing up the paper,  
you symbolically let go of your  
worries and bad memories.  
It makes you feel lighter  
and more free.*

## THIS GRATITUDE MADE MY DAY!

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Find a mirror and look at yourself. Take a deep breath and feel your worth. Think about the good things you see in yourself. Say thank you for who you are and what you have. Appreciate your strengths and qualities.

*This exercise encourages  
self-love and gratitude.  
You build a positive self-image  
and boost your self-esteem.*

## THESE SONGS MADE MY DAY!

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Think of some songs that have a special meaning to you. Listen to it or imagine it playing. Recall the situation or memory it brings to mind. Write down why this song is important to you and how it makes you feel.

*You connect with your emotions and memories. By reflecting on a meaningful song, you explore your past and understand what experiences have shaped you.*

## THESE HABITS MADE MY DAY!

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Pick a simple habit to change today. For example, if you usually eat with your right hand, try using your left hand. Notice how this small change feels and what it teaches you about your routines.

*This process helps you become more aware of your daily actions and adapt to new situations, fostering personal growth.*

## THESE VALUES MADE MY DAY!

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Think about the most important person(s) in your life. Write down who they are and what makes them special to you. Reflect on the positive values they represent and how these values influence your own life.

*This increases the production of the happiness hormon “oxytocin”, which helps you to gain insight into what matters most to you and how it shapes your behavior and decisions.*