

EXERCISE

List ten good things you have, right now. For example, at the moment I have: 1) healthy lungs, 2) many happy memories, 3) gum, 4) the ability to read, 5) a slight tan, 6) hope, 7) Diet Snapple, 8) plans to visit Jamaica, 9) a lovely view of North Phoenix, and 10) sweat glands. And that's just the beginning! Your turn:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____