

## THINGS TO DO WHEN I AM FEELING BLUE

**My three favorite persons to talk with are:**

- |               |             |
|---------------|-------------|
| 1. Name _____ | Phone _____ |
| 2. Name _____ | Phone _____ |
| 3. Name _____ | Phone _____ |

**My favorite place to go is:** \_\_\_\_\_

**My favorite meditation, prayer or affirmation is:** \_\_\_\_\_

**My favorite song or music is:** \_\_\_\_\_

**Three books I would like to read are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Movies I would like to see:** \_\_\_\_\_

**Physical activities I enjoy are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Puzzles or games I enjoy:** \_\_\_\_\_

**Letters, emails, poems or stories I would like to write are:** \_\_\_\_\_

**Plans to redecorate my room or home are:** \_\_\_\_\_

**My next project will be:** \_\_\_\_\_

*The first three steps in beginning that project would be:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_