

Create a list of quotes, jokes, memories, affirmations, mantras, visualisations, what you're grateful for, or anything else that you can use for encouragement, inspiration and laughter. Also useful to help lift and shift your mood.



**Gratitude reflections**

*I am so grateful for:*

- *My family and friends*
- *My health care practitioners*
- *Access to daily clean water and a safe home*
- *Etc...*



**Wise or inspirational words**

*Almost everything will work again if you unplug it for a few minutes, including you. ~Anne Lamott*  
**UNPLUG!!**

*Let me never fall into the vulgar mistake of dreaming that I am persecuted whenever I am contradicted. ~Ralph Waldo Emerson*

*Dad's advice for every ailment: get fresh air :)*

*Etc...*



**Funny memories, stories or jokes**

- *Anne's cold pillow requests when we were kids..LOL*
- *The toilet on the Northern Beaches trip with Kerstin*
- *J.P. Sears' spiritual awakening skits*
- *Trey Kennedy's Karen skits; married vs dating skit*
- *Etc...*



**Affirmations, mantras or visualisations**

- *My body is my ally*
- *Good health is a practice, and I have patience*
- *I listen to my body and give it what it needs*
- *I will have a good day, because it's my choice*
- *I am conquering my fears and becoming stronger each day*
- *Etc...*

**Other**

*Watch an episode of 30 Rock or Parks and Recreation*