

LIFE IS SWEET

During uncertain times, it can be easier for negative thoughts to pop into our minds. To support you in staying connected to the joy in your life, you are invited to reflect on the happy memories you've had on your own, with family, friends, or others. Can't think of any? No problem. You can also think about experiences you would like to have in the future. Using the space below, take a moment to journal and reflect on your memories and ideas. When you're ready, use images, shapes, colors, and words to decorate the scoop of ice cream. Start with your favorite memory or idea and continue drawing more scoops to watch your ice cream grow! There is no right or wrong way to create. Keep your creation nearby to remind you of the sweeter side of life!

