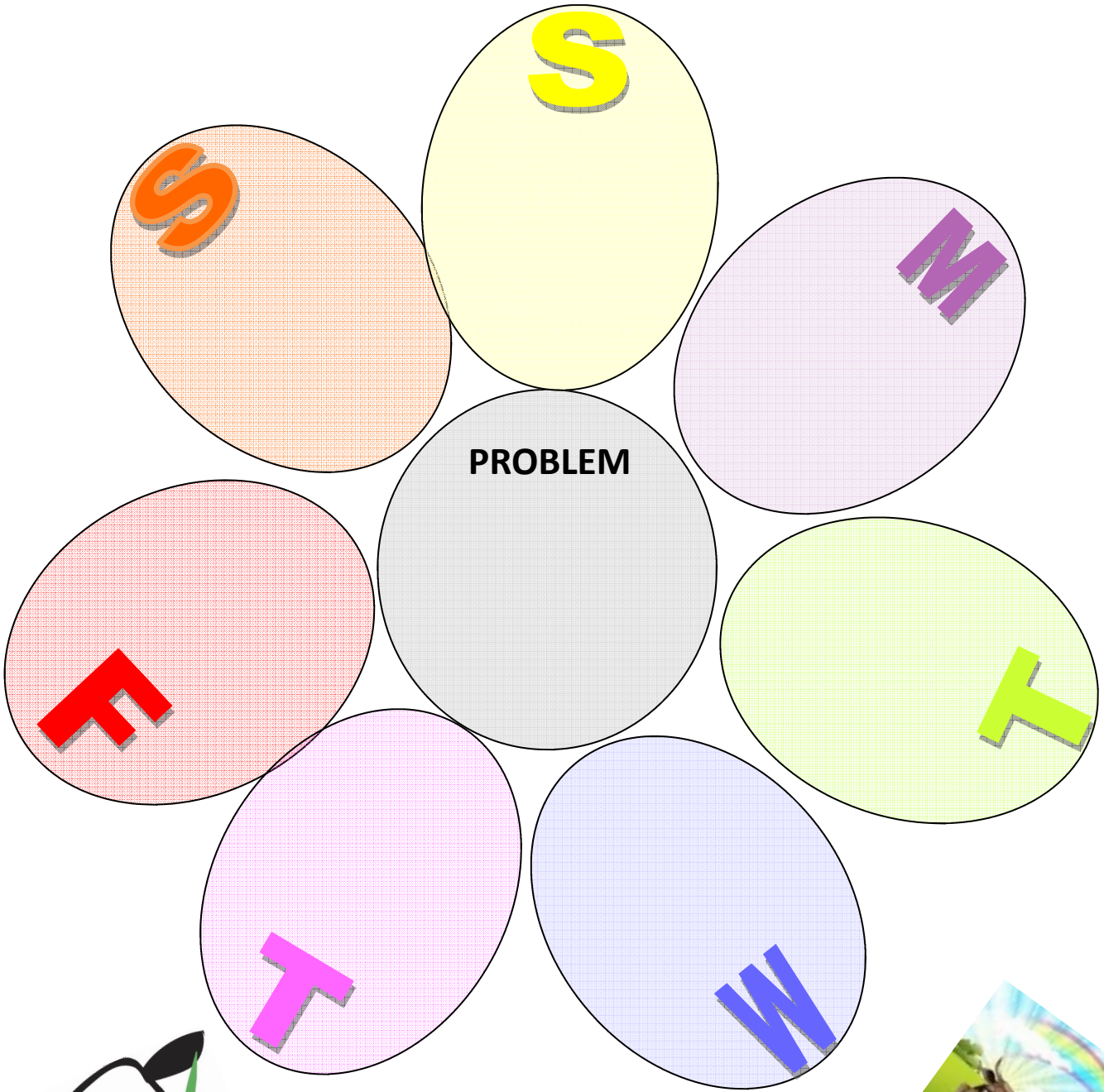




Write your problem in the centre.  
On each day, write in the day petal at least one good thing that happened. It should involve something that made you feel good.



If you look past the obstacle -  
There is always something to  
make you smile.

