



Your Wonderful Life Photo Album Takeaway

Create a Folder on your Computer, tablet or phone and label it as Your Wonderful Life.

Find any photos you may have that remind you of a positive or enjoyable moment in your life.

One by one save these photos into Your Wonderful Life folder.

As you save each one take a moment to really focus on the photo. Notice all the fine details, notice who is in the photo, remember where it was taken, remember what else was going on at that exact moment. Importantly, recall how you felt at that exact moment.

You can save as many photos as you like into the folder.

From now on whenever you are feeling a little low or fed-up simply open the folder, browse through the photos and remember all of those moments that have made your life Wonderful.

This is a great way to boost your energy before a meeting or interview.
Or to give you an energy rush at the start of a busy day.

You can revisit Your Wonderful Life Album wherever and whenever you like and remind yourself how wonderful your life really is.

If you prefer real photos why not find yourself a special photo album that really represents you. It might be pretty with flowers on the cover or it might be chunky and bold. It doesn't matter as long as you like it!

Now print off all of those precious memories and place the photos in the album.

Whenever you need it, take your album out and flick through the images of Your Wonderful Life.

Just holding the album and noticing all of the things about it that made you choose it in the first place can add to your feeling of joy!