

Name: _____

The Good Things in Life

Directions: Read the article “Get Spiritual” (page 23). One of the ideas from the article is to create a journal or scrapbook to help you keep track of all the good things in life. Use this chart to help you get started.

WHAT	HOW IT MAKES ME FEEL
People I love spending time with:	
My favorite activities:	
Places I love visiting:	
My favorite foods:	
Activities I'd love to teach others:	
New things I am excited to try:	