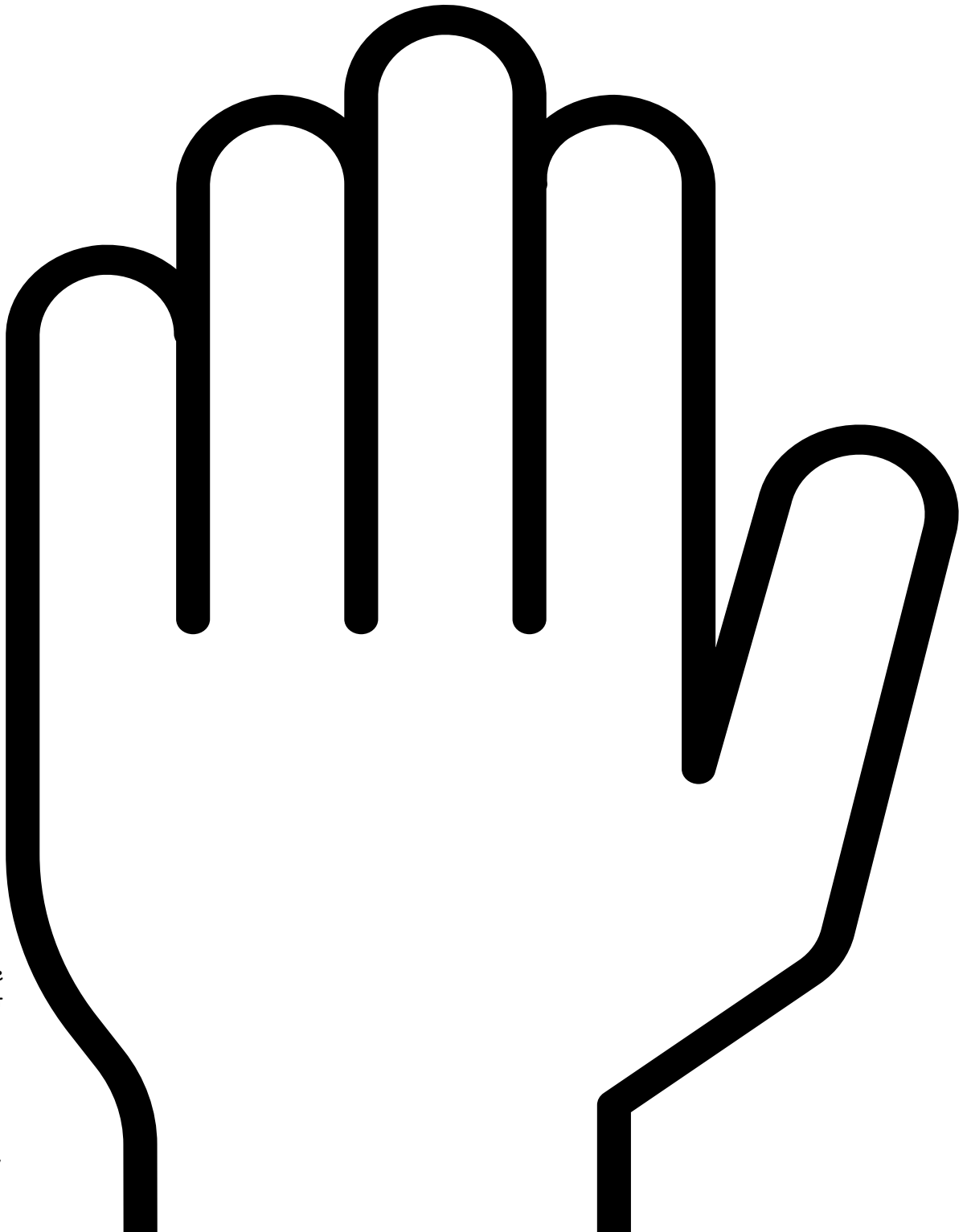




Abundance Therapy Education and Coaching

## My Favourite Memory

If you could hold your favourite memory in the palm of your hand, so it was with you all the time imagine how great that would feel. Draw or write a description of the memory. Think how that memory makes you feel-remind yourself of why it makes you so happy. You can place this somewhere where you can be reminded of the memory, and feel that same feeling whenever you need to feel positive.



Tip for parents: use this to discuss what makes this your child's favourite memory and their feelings. Remind them they can visualise this at any time.