

Pick one word from the list below that describes an emotion you would like to feel more of:  
*Joy, Love, Happy, Peace, Calm, Hope.*

1



Close your eyes and visualize the word in your head.

2

1. Pick a color that goes with the word and visualize the word in that color.
2. Fill the background with another color.
3. Now, with your eyes closed and writing in your head, write the word one letter at a time.
4. As you are writing the word, say the letters quietly to yourself in your head.
5. Write the colored word on the colored background over and over in your head while you say the letters quietly to yourself.

3

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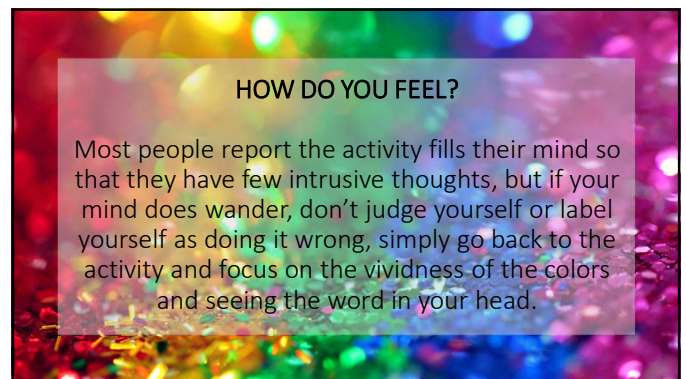
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