

## How Do You Want to be Treated?

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Now we are going to go back to the first activity. It's time to see how far you've come and what you might need to revisit.

Lay your hands on your chest and listen to the guided visualization.

1. How do you feel when I ask you to put your hands on your chest?

2. Is your response different now?

3. What do you think you might still need to work on?

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One of the best ways to get your happy back is to help someone else get their happy back. This doesn't have to be cancer related. It's just about helping others.

List three things you can do to help someone else today to bring positive energy into your life. Fake it till you make it.