

EXAMPLE 4

Today I am grateful for...

1. *Hobbies*
2. *Looking forward to the future*
3. *Possibilities*
4. *Companionship*
5. *Contentment*

Special moment of the day...

How did I feel? ♥

When I was with my mates and my girlfriend was there. She was joining in with us and had her arm around me. She was laughing as much as I was at the things that Andy has been doing. I felt like I was loved and happy surrounded by my friends.