

Drink a glass of water. What happens to you when you drink it?

Make someone laugh. Or at least try.

Name a fear that you have overcome. How did you overcome it?

Look around for something that triggers a good memory. Think about it.

Can you see something that you think would make you happy to touch. Touch it!

Listen for an unusual sound. How does it make you feel?

Go for a walk, take a street you have never taken before. What is it like?

What's the best meal you have ever had? Can you make it yourself? What would you do?