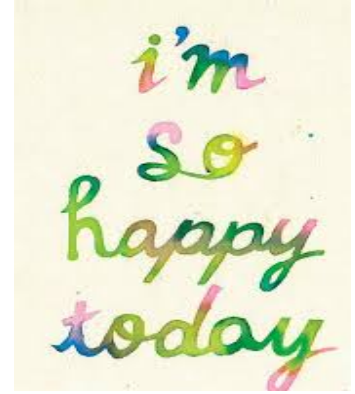


# Happiness is defined from within

*Having scleroderma doesn't mean you can't be happy. Happiness is found from within a person, in situations and often when you are not looking for it. Take a moment to consider what truly makes you happy. Every morning before you place your feet on the floor, think of three things that you are grateful for or even consider creating a gratitude journal to keep an on-going list of all the things that make you happy and that you are grateful for in your life. Focusing on the positive rather than the negative can change your whole attitude and outlook on life. Try it today!*



## What makes you happy?

Being happy can change your outlook in life. It can also help to change the way you view the situations you are in.

Write down things that make you happy.

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2. \_\_\_\_\_
3. \_\_\_\_\_
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