



There's no road to happiness.
It's more of a winding path through hills and valleys.
In the end, it's the journey that matters.

What is an event in your life that seemed awful at the time, but led to a new happier time?

Have you ever been sad and thought it wouldn't ever get better? Did it? Why or why not?

What are some things you can do to cheer yourself up when you are sad?
