

How do you feel?

... when you think about problems that have happened or than might happen?

... when you have to wait in a long queue to check in at the airport?

... when you are unhappy because someone has something that you would like or can do something that you would like to do?

... when you don't feel like working or being active?

... when you cause some trouble or hurt someone and you regret and want to apologize?

... when you believe something will happen the way you want it to?

... when you think only about yourself and don't care about other people?

... when you want to thank someone because they have given you something or have done something for you?

... when you are pleased and satisfied about something that you own or have done?

... when you lie comfortably in the sun, have a rest and do something enjoyable?

Keep smiling

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