

# Do-It-Yourself Happiness WoW Intensive Training



## SESSION SIX **PLACE:** take notice

Be curious/Catch sight of the beautiful/Remark on the unusual/Notice the changing seasons

Savour the moment, whether you are walking to work, eating lunch or talking to friends.

Be aware of the world around you and what you are feeling.

Reflecting on your experiences will help you/Appreciate what matters to you.