Wise Caterpillar

Delights and Distractions

Many of us occasionally experience a day when our energy or mood is low. Compiling a list of Delights (activities with which to pamper and indulge yourself) and Distractions (activities which help you break the hold of apathy or worries) is a positive, proactive approach to such times. Create your list now and use as a reminder when required.

Delights	Distractions

©Wise Caterpillar, All rights reserved. Call/fax UK 0044 (0)115 9566159
www.wisecaterpillar.com