WORKSHEET 6.3:
THE PATH THAT LEADS TO A HEALTHY MOOD

Your personal reality is being built or shaped from moment to moment.

- In each moment of our life, we decide what to think, do, say, and how to treat other people.

- Each decision we make improves or makes worse our emotional well-being or keeps it the same.

- In general, each decision we make has a small effect on us. However, as our decisions add up, they can create a strong change in our mood.

The activities that we do and the thoughts we have each day help us shape the reality of that day!