

A top-down photograph of a person's hands resting on a silver laptop. The person is wearing a black long-sleeved top with a lace-up detail at the shoulder. The laptop is open, and the keyboard and trackpad are visible. To the right of the laptop, a white smartphone with a black Apple logo is lying on a grey, shaggy rug. The background is a white, textured surface, possibly a bedsheet or blanket.

Day 5

Happy Thoughts

Rest, Relax and Recharge

GELUKKIGE
STUDENT

Your team

- Mind, Body and Soul.
- All three have an equal influence!

Influence of thoughts

- Where do they come from?
- Worrying

**WATCH YOUR THOUGHTS,
FOR THEY BECOME WORDS.**

**WATCH YOUR WORDS, FOR
THEY BECOME ACTIONS.**

**WATCH YOUR ACTIONS, FOR
THEY BECOME HABITS.**

**WATCH YOUR HABITS, FOR THEY
BECOME YOUR CHARACTER.**

**WATCH YOUR CHARACTER,
FOR IT BECOMES YOUR
DESTINY.**

**WHAT WE THINK,
WE BECOME.**

**GELUKKIGE
STUDENT**

Exercise

Today:

Try to observe your thoughts as clouds
Let them sail away instead of making them the truth

