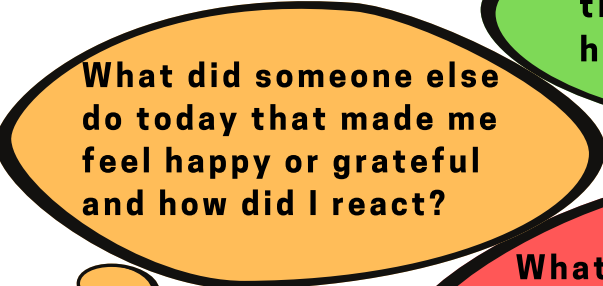



**ONCE A DAY  
2 WEEKS  
3 QUESTIONS**

**WRITE YOUR ANSWERS DOWN  
BEFORE GOING TO BED**

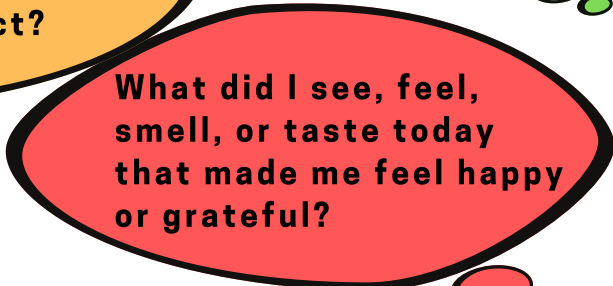

Thanks Dr. Luc Isebeart




**What did someone else  
do today that made me  
feel happy or grateful  
and how did I react?**



**What did I do today  
that made me feel  
happy or grateful?**



**What did I see, feel,  
smell, or taste today  
that made me feel happy  
or grateful?**



When you are going through life changes, you may feel overwhelmed and get stuck. Talking to a therapist in a goal-oriented manner can open up new possibilities for moving forward, find overlooked resources and strengths, and create solutions from within you.



**Call 720-739-0668 today to schedule your appointment and experience the difference yourself.**

**Small Steps Count Counseling**  
**Keiko Yoneyama-Sims, LMFT**  
Licensed Marriage and Family Therapist

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