



You may have heard the saying,  
"Comparison is the thief of joy."  
How do you feel when you compare  
yourself to others? Why do you  
think you feel that way?



Next time you're on a walk, on the bus, or riding in the car, try to pay attention to the little surprises all around you. Spotting a cute animal or a funny road sign can brighten your day!



Make time every day to do something you really love. Enjoying the weather outside, playing with your pet, or sketching a scene—even for just five minutes—can keep you feeling energized.