



MoodMaster®

Enabling professionals to deliver
world class materials to those
who want and need them.

It's good to look forward to things.

People who are good at looking forward to things end up happier.



Look forward to small things.

We don't often have big things to look forward to. So it's good to look forward to small things. Things like lunch. Or a particular programme on TV tonight.

Looking forward to big things is ok too ...

And sometimes those big things turn out really good.





What about when those big things don't turn out so well?

It can be a big disappointment. That's why it's good to look forward to small things too.

Make it a habit.

Try and get in the habit of looking forward to things, small and big. It's a really good habit to have.



Project.

Try to get better at looking forward to things, and tell us how you get on next week.

Discussion.

How good are you at looking forward to things?

Is it more important to look forward to small things or to look forward to big things?

What happens when something you've really been looking forward to, turns out to be disappointing?

Which is more important, to look forward to things or to look back on things? Or maybe both?