

# WORKSHEET: FINDING THE THINGS THAT BRING YOU PLEASURE, PEACE, AND PRIDE

It is easy to get caught up in how heavy and unpredictable the world can be sometimes. Even though we can't control everything, taking time to notice what brings us pleasure, peace, and pride can help us feel more grounded and in control.

Use this worksheet to explore the activities and memories that help you feel good. You can look back on these reflections on hard days for ways to feel better.

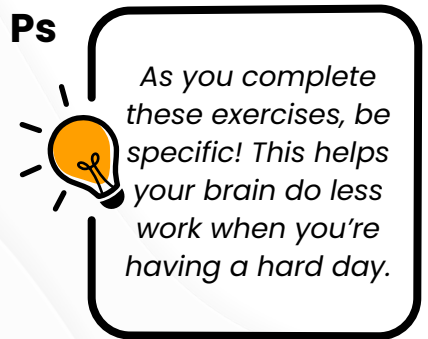
## Thinking about pleasure, peace, and pride — The 3 Ps

We often feel our best when we balance three types of experiences:

**Pleasure** — things that bring us joy

**Peace** — things that make us feel calm

**Pride** — things that make us feel a sense of accomplishment



### Feeling pleasure (joy)

**What are some small things you do just because they make you smile?**

Examples: eating your favorite snack, watching a funny video, or playing with a pet.

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### Feeling peace (calm)

**What helps your mind and body feel quiet and at peace?**

Examples: taking 3 deep breaths, sitting in the sun, or listening to music.

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### Feeling proud (accomplishment)

**What is something you've done recently that made you feel proud of yourself?**

Examples: finishing a project, cleaning your room, or taking care of a difficult task.

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## Reliving good memories

Think of a specific time in the past when you felt truly joyful, peaceful, or proud. When we remember the details of "good" times, it can help our bodies feel those positive emotions in the present. Think back to that moment now – close your eyes if that helps – and notice the details:

### Sight

**What colors or objects do you remember seeing?**

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### Sound

**Was it quiet, or were there specific sounds?**  
(Laughter, chirping birds, a certain song?)

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### Touch

**What did you feel?**  
(A warm hug, your pet's fur, a cool breeze, a high-five?)

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### Smell/Taste

**Was there a specific scent or taste you remember?**  
(A perfume/cologne, fresh-cut grass?)

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**Give this memory a name to help you remember it when you're trying to get your mind back to a "happy place":**

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## Creating more good days

Being kind to yourself and connecting with others are small yet important things you can do every day to support your mental health.

### Affirmation

**What are some kind words you can say to yourself when things feel out of control?**  
Examples: "I am doing my best," or "I can find a moment of peace."

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### Connection

**Who are the people you can reach out to when you want to share a good moment or need a reminder of your strengths?**

Tip: In the section above, you went back to a moment when you felt good. Were there other people with you in that moment?

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