Find something that is close to your heart.
Find something you enjoy playing.
Find something that keeps you healthy.
Find something that brings back good memories.
Find someone that makes you laugh.
Find something that smells amazing.
Find something that you are most grateful for.
Find something that you enjoy eating.
Find something that makes you smile.
Find something that you love to hug.
Find something that you like outside.
Find someone who has helped you.
Find someone you love to talk.
Find something of your favourite color.
Find something that is useful.
Find someone you are thankful to.
Find something that you love to share.
Find someone who makes you feel safe.
Find someone who did good with you.
Find something you like doing at night.