


# Noticing the good things in life

Prompt Card



**I'm proud of the way I've dealt with setbacks. It's hard when you feel down and you think, 'Why is the world doing this to me?' But you have to pick yourself up again.**

Jessica Ennis-Hill



**Dame Jessica Ennis-Hill** is a successful British track and field star who started in athletics when she was 10. In 2008 she had to take a year off because of injury, but came back as world heptathlon champion in 2009. In 2012 she won Olympic gold at London 2012. In 2017 she was made a Dame.

**P.S. There's more help on noticing the good things in the Start Bouncing section of the Bounce Back website: [www.bouncebacknewham.co.uk](http://www.bouncebacknewham.co.uk)**