

## Focusing On the Positive

Often, it can be difficult to find something positive that happened in our day. If we are not used to focusing on and highlighting positive experiences, it is easy to overlook small things. Here are some journaling prompts to help you focus on the positive. Think back over your day and ask yourself if you had any of these experiences or saw any of these things. You can simply write the answer in the field, or if you would like more room to explain write in a separate notebook or journal. Try to do this at the end of every day, before you know it positive thinking will be a habit!

Something I did well today:	
Today I had fun when:	
I felt proud when I:	
I felt inspired because:	
Today I accomplished:	
I had a positive experience with [person]:	
Something I did for someone:	
I felt good about myself when:	
Something someone did for me:	
I was proud of someone else:	
Today was interesting because:	
My mood improved when:	
I felt good when:	
A positive thing that I thought:	
I accepted myself when:	
I accepted someone else when:	
A positive thing I saw:	
I had a positive experience with [place or thing]:	
I made someone happy by:	

I met my goal of:	
I felt good about myself because:	
I supported someone by:	
I felt hopeful when:	
I felt positive about:	
I used this coping skill:	
I used this coping skill when:	
I combatted a negative thought:	
I changed this negative pattern or habit:	

**Add your own!**
