**Positive You Journal**

Everyday Examples

1. For each day of the week, think of 3 examples of positive qualities that you have shown during the day

2. Write the day and date, what you had done during the day, and what positive qualities your actions demonstrate

• eg. *Spent time working on my budget (Organised)*

• eg. *Sitting by the river (Ability to appreciate beauty)*

**Day/Date What You Did During the Day Positive Qualities Shown**

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |