

Positive Journal

Every day brings a combination of good and bad experiences. Unfortunately, the human brain tends to focus more heavily on the bad experiences, while forgetting or discounting the good experiences. For example, we're more likely to remember one awkward social interaction over hundreds of normal interactions.

Making a point to recognize positive experiences—no matter how small—can help to improve mood. Practice by recording three positive events at the end of each day.

Monday
1
2
3

Tuesday
1
2
3

Wednesday
1
2
3

Positive Journal

Thursday
1
2
3

Friday
1
2
3

Saturday
1
2
3

Sunday
1
2
3