

Positive Traits

Kind	Insightful	Sensitive
Intelligent	Funny	Organized
Hardworking	Patient	Selfless
Loyal	Realistic	Practical
Attractive	Honest	Mature
Down-to-Earth	Generous	Focused
Goofy	Modest	Courteous
Creative	Serious	Grateful
Accepting	Independent	Open-Minded
Strong	Trusting	Positive
Friendly	Resilient	Responsible
Flexible	Cheerful	Cooperative
Nurturing	Self-Directed	Frugal
Thoughtful	Reliable	Tolerant
Confident	Relaxed	Innovative
Optimistic	Listener	Balanced
Respectful	Brave	
Determined	Decisive	
Skilled	Enthusiastic	
Helpful	Forgiving	
Motivated	Humble	

My Strengths and Qualities

Things I am good at:

1

2

3

What I like about my appearance:

1

2

3

I've helped others by:

1

2

3

What I value the most:

1

2

3

Compliments I have received:

1

2

3

Challenges I have overcome:

1

2

3

Things that make me unique:

1

2

3

Times I've made others happy:

1

2

3

Gratitude Journal

Three Good Things

Day 1

One good thing that happened to me today...

Something good that I saw someone do...

Today I had fun when...

Day 2

Something I accomplished today...

Something funny that happened today...

Someone I was thankful for today...

Gratitude Journal

Three Good Things

Day 3

Something I was thankful for today...

Today I smiled when...

Something about today I'll always want to remember...

Day 4

One good thing that happened to me today...

Today was special because...

Today I was proud of myself because...

Gratitude Journal

Three Good Things

Day 5

Something interesting that happened today...

Someone I was thankful for today...

Today I had fun when...

Day 6

Something about today I'll always want to remember...

Something funny that happened today...

My favorite part of today...

Gratitude Journal

Three Good Things

Day 7

Something I was happy about today...

Something good I saw someone do today...

Something I did well today...

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

Self-Esteem Journal

MON.	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
TUE.	Today I accomplished...	
	I had a positive experience with...	
	Something I did for someone...	
WED.	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
THUR.	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
FRI.	Something I did well today...	
	I had a positive experience with (a person, place, or thing)...	
	I was proud of someone when...	
SAT.	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
SUN.	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	

