

# POSITIVE DIARY

Things you will need:

- Notebook and Pen



or

- A 'Positive File' on your computer



## How to make a positive diary...

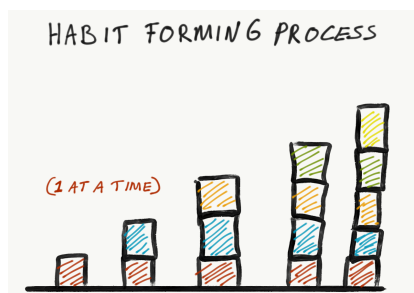
Use a the diary at the end of this page or start a 'positive file' on the computer.



Think of 3 positives that have happened during the day.

These can be small or big - making a friend laugh, watching your favourite TV show or doing something you felt proud of.

- You could write it down / draw it.
- Think about how it made you feel.



Doing this regularly they will build a habit of recognising strengths and feeling positive.



## Diary of Positive Qualities

Keep a daily log of activities which suggest or confirm your personal positive qualities (personality traits, characteristics, strengths), or times when you've shown or felt a personal positive quality. Write them down! It's **easy to dismiss or minimise positives**, as we tend to filter out the positives and only notice the negatives. Notice that your mind does that, then write what **actually** happened.

**Examples of personal positive qualities:** *kind, gentle, strong, resilient, caring, assertive, hard-working, reliable, honest, practical, responsible, loyal, mature, creative, consistent, appreciative, capable, quick, sensitive, perceptive, patient, thoughtful, fit, trustworthy, shows initiative, motivated, versatile, educated, willing, experienced, efficient, open-minded, logical, serious, supportive, resourceful, realistic, funny, punctual, friendly, humane – and many others!*

Day/Date	What I did	Positive Personal Quality or Qualities