



Increasing Positive Feelings

Many people don't realize how much power they have over their emotions. When you are having a hard day, thinking about things that trigger your positive emotions can really help. Fill-out this worksheet to focus on positive thoughts, memories, and emotions. You can fill it out all at once or just a few questions at a time.

What is the one thing that always brings you joy?

Write down a time that you had a wonderful surprise.

What is something you did you are really proud about?

Write down a time when you achieved a goal because you wouldn't stop trying.

Name a person who always makes you feel confident.

What is something you do that always makes you feel energized.

Write down something that always makes you feel hopeful.

When you do feel most loving?

Name an activity that almost always makes you feel calm and focused.
