

This activity aims to make you more aware of the good things that happen in your life. When we are more aware and focused on the good things that happen, we become more resilient and have greater hope for the future.

1. Write down three positive experiences, small as well as big, from each day and reflect upon what caused the positive event. Please includes other people and their words and/or actions. How did the event make you feel at the time? Use the previous example to guide you.

Time: 5-10 minutes a day, for at least 2 weeks.

2. After one week of registering events, go through the collected stories and reflect upon the events and emotions. Write down your immediate feelings when reading these stories again.

Day	1st good thing	2nd good thing	3rd good thing
Monday	Event: Feeling:	Event: Feeling:	Event: Feeling:
Tuesday	Event: Feeling:	Event: Feeling:	Event: Feeling:
Wednesday	Event: Feeling:	Event: Feeling:	Event: Feeling:
Thursday	Event: Feeling:	Event: Feeling:	Event: Feeling:
Friday	Event: Feeling:	Event: Feeling:	Event: Feeling:
Saturday	Event: Feeling:	Event: Feeling:	Event: Feeling:
Sunday	Event: Feeling:	Event: Feeling:	Event: Feeling:



LEARNING POSITIVE EMOTIONS