

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. You can collect material from nature, draw or cut out pictures, e.g. from magazines that represent your positive emotions for the day, and make a collage of images or take photos. Use a folder or a notebook to paste the images.

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

2. Create a positive story, using relevant material to tell the story. The story can be simple or elaborate. Reflect upon what caused the positive event, including other people and their words or actions. How did the event make you feel at the time? Use the previous example to guide you.
3. After having collected images every day for two weeks, go through the collected stories and reflect upon the events and emotions. Register your immediate feelings when reading these stories again.