Positive diary

We are very good at noticing the negative things that happen but often overlook or rubbish the good things.

To become more balanced about what goes on in life write down at least one positive thing that happens each day. This could be something

* you enjoyed
* you coped with
* you achieved
* made you feel good

|  |  |
| --- | --- |
| Day | What happened |
|  |  |

Watching the list grow will help you see that good things do happen