Record of Achievement

###### We always seem to notice the things that aren’t quite right, but we are not very good at noticing the positive or good things that happen.

Each night before you go to bed, think of two or three things that have happened which are positive. These could be anything such as:

* Coping with a difficult situation or task
* Facing a situation that made you anxious
* Having a go at something new
* Being successful

If you can’t think of anything then ask someone to help.

My Record of Achievement

Watching the list grow will help you realise that positive things do happen and that you can cope and be successful