

Positive Thinking Journal

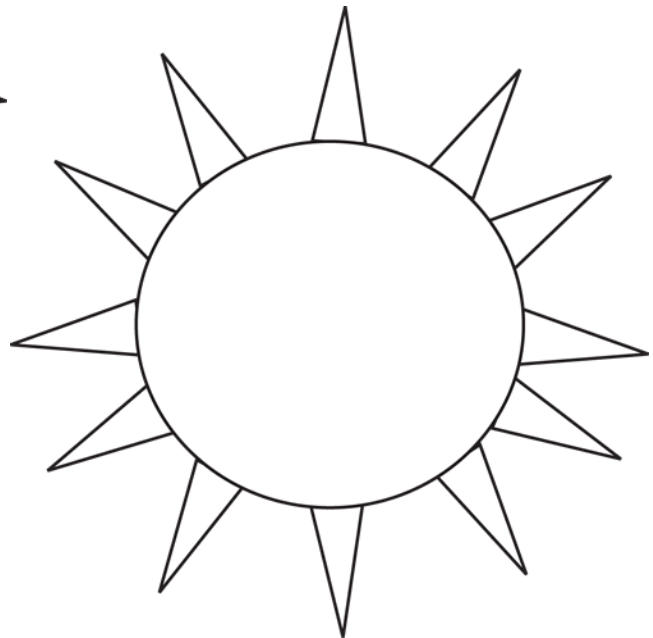
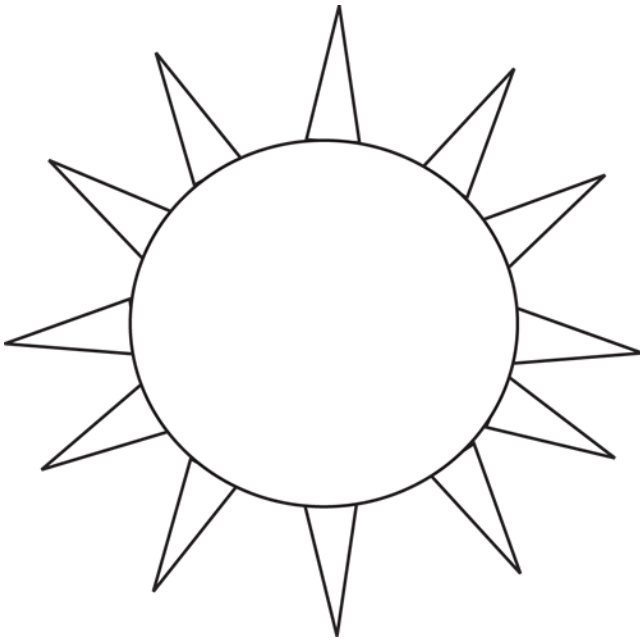
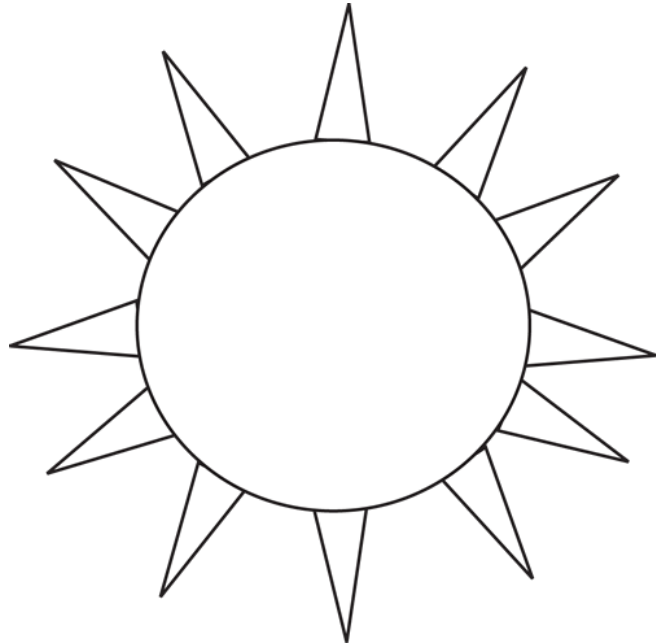
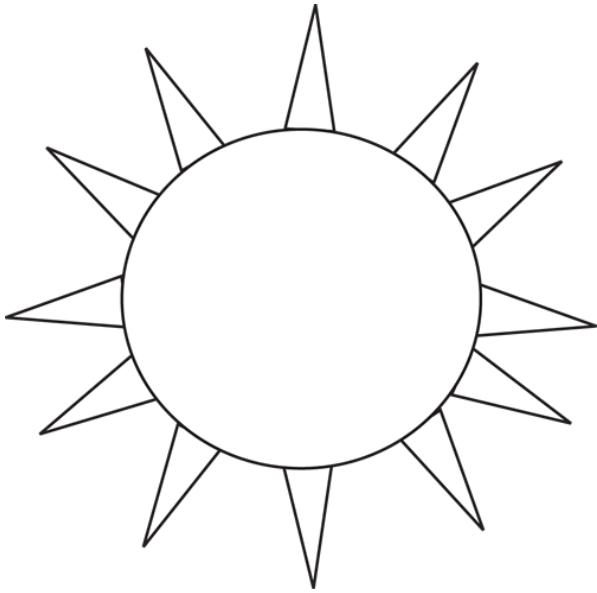
NAME: _____

POSITIVE SELF-TALK JOURNAL



I felt good when...	I am proud of myself because...	Something that went well today was...
I had fun when...	This makes me unique...	I learned from this mistake...
I feel strong when...	The best part of today was...	A good quality I am learning is...
This was interesting today...	Something I am grateful for is...	A way I was kind today was...
An accomplishment I made this week was...	I like this about myself...	Something I love about my life is...

The positive people in my life are...



DATE _____

TODAY I AM GRATEFUL FOR...

1. _____

2. _____

3. _____

THANK YOU.THANK YOU.THANK YOU.

SOMETHING AWESOME
THAT HAPPENED YESTERDAY :

MY HAPPYNESS SCALE



