

Positive Journal

Every day we have both good and bad experiences. Unfortunately, most people are biased when it comes to remembering these events. We are more likely to remember the bad experiences while quickly forgetting or discounting the good experiences. You can practice recognizing the good in your life by recording three positive events at the end of each day:

Monday

- 1.
- 2.
- 3.

Tuesday

- 1.
- 2.
- 3.

Wednesday

- 1.
- 2.
- 3.

Positive Journal

Thursday

- 1.
- 2.
- 3.

Friday

- 1.
- 2.
- 3.

Saturday

- 1.
- 2.
- 3.

Sunday

- 1.
- 2.
- 3.

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