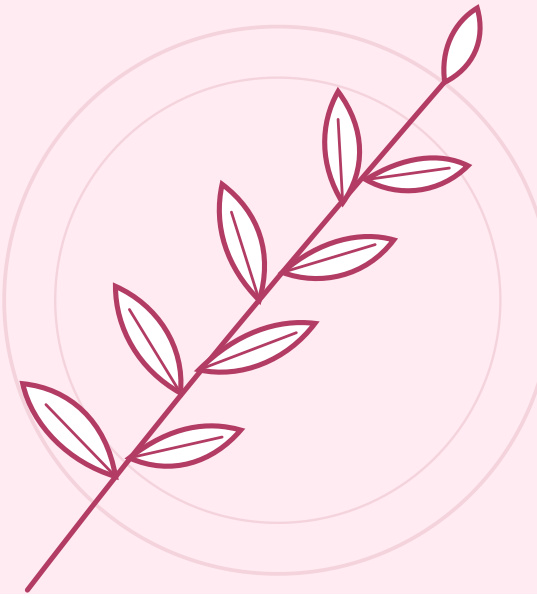
The Positivity Journal

Simple, science-informed pages to notice the good, talk to yourself more kindly, let go of what weighs you down and build a brighter, more hopeful outlook, one small habit at a time.



THIS BELONGS TO

STARTED ON

Print the daily, reframe and lessons pages as often as you like. Keep everything together in a binder or folder.

INSIDE

02	Start here	how to use
03	Positive things about me	once
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START HERE

Welcome to your journal

A friendly training ground for a more positive, optimistic and resilient mind.

> **Positivity isn't pretending everything is fine. It's training your attention to also notice what is good, what is possible and what you can do next.**

HOW TO USE THIS JOURNAL

ONCE, TO BEGIN

Notice what's already good · p.03

List positive things about yourself, the people around you and the parts of life that matter.

MORNING AND EVENING

Affirmations · p.05

Pick statements that feel true enough to believe, then write your own and say them out loud.

ONCE, THEN REVISIT

My best possible self · p.07

Imagine your life going well and set a clear, hopeful intention.

WHEN THE INNER VOICE GETS HARSH

Expressions and reframes · p.08

Swap draining words for helpful ones and question negative thoughts.

WHEN SOMETHING WEIGHS ON YOU

Letting go and lessons · p.10

Set down what you can't control and turn mistakes into lessons.

EVERY DAY · 5 MINUTES

Positive thoughts · p.13

Three good things, one kind thought and one small positive action.

FOR A CALM, CREATIVE HOUR

Positive visualization · p.12

A guided exercise to picture a moment you're looking forward to.

WEEKLY AND MONTHLY

Actions, boosters and tracker · p.14

Plan feel-good actions, grab a quick boost and see your progress.

Small and often wins. Five minutes most days does more than one long session a month. Our brains notice threats first, so noticing the good takes gentle, repeated practice.

A gentle note. This journal is a self-help tool, not a substitute for professional care. If low mood lasts for weeks, please talk to a doctor or therapist. In crisis, call or text 988 (US) or your local emergency number.

ONCE, TO BEGIN

Positive things about me

Start with yourself. Write freely, without modesty. Add to this page whenever you remember something new.

MY BEST QUALITIES

Kind, funny, curious, loyal, brave...

1
2
3
4
5

THINGS I DO WELL

Skills, talents, everyday things.

1
2
3
4
5

COMPLIMENTS I'VE RECEIVED

Words from others worth keeping.

1
2
3
4

CHALLENGES I'VE MADE IT THROUGH

Proof that I can handle hard things.

1
2
3
4

WHAT I LIKE ABOUT MY BODY

What it lets me do, not only how it looks.

1
2
3

WAYS I MAKE LIFE BETTER FOR OTHERS

1
2
3

MY FAVORITE THING ABOUT ME

ANYTIME

Positive things about...

Fill in a name, a place or a situation, then list everything positive you can find about it.

A PERSON: _____

1 _____

2 _____

3 _____

4 _____

5 _____

A SITUATION: _____

1 _____

2 _____

3 _____

4 _____

5 _____

MY HOME OR A PLACE: _____

1 _____

2 _____

3 _____

4 _____

5 _____

SOMETHING HARD RIGHT NOW: _____

1 _____

2 _____

3 _____

4 _____

5 _____

Why it works. Looking for the good on purpose, even in a difficult situation, trains your attention to see more than just the problems. Try it with someone who annoys you, too: it often softens things.

MORNING AND EVENING

Affirmations

Short, positive statements that help you speak to yourself the way you'd speak to a friend.

TICK THE ONES THAT FEEL RIGHT

Choose 2 or 3 to repeat this week. If one makes you cringe, skip it or soften it with 'I'm learning to...'

- [ ] I am allowed to take up space
- [ ] I can do hard things, one step at a time
- [ ] I am learning and growing every day
- [ ] My feelings are valid, and they will pass
- [ ] I deserve kindness, including from myself
- [ ] I choose progress over perfection
- [ ] I have handled difficult days before
- [ ] I bring something good to the people around me
- [ ] I can start again at any moment
- [ ] It's okay to rest. Rest is productive too
- [ ] I am enough, exactly as I am today
- [ ] Good things are on their way to me
- [ ] I trust myself to figure it out
- [ ] I let go of what I can't control
- [ ] I am proud of how far I've come
- [ ] Today, I choose to notice the good
- [ ] I speak to myself with respect
- [ ] Mistakes help me learn, they don't define me
- [ ] I am open to new possibilities
- [ ] I am worthy of love and joy

MY FAVORITE AFFIRMATION THIS WEEK

HOW TO PRACTICE

Say it slowly, out loud, morning and evening.

Pair it with a habit: brushing teeth, making coffee.

Notice one moment each day that proves it true.

WRITE YOUR OWN

My own affirmations

Date _____

TURN A NEGATIVE THOUGHT INTO AN AFFIRMATION

If a big positive statement feels fake, build a bridge: a kinder sentence your mind can actually believe.

THE OLD THOUGHT		A BELIEVABLE BRIDGE		MY AFFIRMATION
"I always mess things up."	→	"Sometimes things go wrong, and I can fix a lot of them."	→	**"I handle what comes."**
	→		→	
	→		→	
	→		→	
	→		→	
	→		→	

AFFIRMATIONS WRITTEN FOR ME

Present tense, positive, personal. Start with 'I am', 'I can' or 'I'm learning to'.

1 _____

2 _____

3 _____

4 _____

THIS WEEK'S PRACTICE

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	○	○	○	○	○	○	○
Evening	○	○	○	○	○	○	○
Noticed proof	○	○	○	○	○	○	○

ONCE, THEN REVISIT

My best possible self

Picture your brightest realistic future, then let it guide today.

Date _____

How it works. Imagine yourself a few years from now. Everything has gone as well as it reasonably could: you worked hard and reached your goals. For 15 minutes, describe that life in detail. Research shows this simple exercise can raise optimism and mood.

RELATIONSHIPS

Who is around me? How do we treat each other?

WORK AND LEARNING

What am I doing, creating or studying?

HEALTH AND ENERGY

How do I feel in my body and mind?

PERSONAL LIFE AND JOY

What fills my free time? What am I proud of?

THE INTENTION I'M SETTING FOR MY LIFE

ONE SMALL STEP I CAN TAKE THIS WEEK TOWARD IT

PRACTICE

Positive expressions

We believe what we say, and we say what we believe. Small changes in words can change how a moment feels.

EXAMPLES

INSTEAD OF SAYING		TRY SAYING
"I have to"	→	**"I get to"**
"I can't do this"	→	**"I can't do this yet"**
"This is a problem"	→	**"This is a challenge I can work on"**
"I'm so bad at this"	→	**"I'm still learning this"**
"I should have..."	→	**"Next time I'll..."**
"What if it goes wrong?"	→	**"What if it goes well?"**
"I'm too busy"	→	**"It isn't a priority right now"**
"Sorry I'm late"	→	**"Thank you for waiting"**

MY OWN SWAPS

Listen for phrases you repeat when you're tired or stressed.

WHAT I OFTEN SAY		WHAT I'LL SAY INSTEAD
	→	
	→	
	→	
	→	
	→	
	→	

WORDS I WANT TO USE MORE

A POSITIVE THING I SAID TODAY

Reframe a thought

Date _____

1 WHAT HAPPENED

2 THE NEGATIVE THOUGHT

Write it word for word.

How much I believe it _____ %

3 HOW IT MAKES ME FEEL

Sad, tense, discouraged, angry...

4 IS IT A THINKING TRAP?

- ☐ All-or-nothing
- ☐ Catastrophizing
- ☐ Mind reading
- ☐ Discounting the good
- ☐ Should statements
- ☐ Labeling
- ☐ Overgeneralizing
- ☐ Fortune telling

5 FACTS THAT SUPPORT IT

6 FACTS THAT DON'T, OR A KINDER VIEW

What would a good friend say?

7 A MORE BALANCED, HOPEFUL THOUGHT

How much I believe the old thought now _____ %

WHEN SOMETHING WEIGHS ON YOU

Letting go

You can't change everything, but you can choose what you keep carrying.

Date _____

WHAT'S WEIGHING ON ME

A worry, a grudge, a regret, a comparison, an old story about myself.

WHAT I CAN CONTROL

My actions, words, effort, boundaries.

WHAT I CAN'T CONTROL

Other people, the past, outcomes, timing.

HOLDING ON TO THIS COSTS ME

I'M LETTING GO OF

Write it as a release: 'I'm letting go of needing everyone to like me.'

A SMALL LETTING-GO RITUAL

Read what you wrote, take three slow breaths, then fold the page or tear off a corner. Say: “I don’t need to carry this today.”

INSTEAD, I'LL PUT MY ENERGY INTO

AS NEEDED

Mistakes? No, lessons

Turn what went wrong into something useful. Be specific and fair to yourself.

WHAT HAPPENED	WHAT I LEARNED	NEXT TIME I'LL

IF A FRIEND MADE THIS MISTAKE, I'D TELL THEM

WHAT WENT RIGHT, EVEN A LITTLE

Remember. A mistake is information, not a verdict on who you are. Every lesson you write here is something future you gets to use.

FOR A CALM, CREATIVE HOUR

Positive visualization

Date _____

1
Settle
Sit comfortably, close your eyes, breathe slowly for a minute.

2
Choose
Pick a moment you look forward to, or a goal going well.

3
Picture it
See the place, the people, the colors. What do you hear?

4
Feel it
Notice the joy, pride or calm in your body. Stay a while.

5
Come back
Open your eyes. Write down what you saw and felt.

WHAT I PICTURED

Describe it in detail, in the present tense: 'I am...'

DRAW IT, OR GLUE IN A PICTURE

WORDS THAT DESCRIBE THE FEELING

ONE THING I CAN DO TO MOVE TOWARD IT

EVERY DAY · 5 MINUTES

Positive thoughts

Date _____

MY MOOD TODAY

Morning 1 2 3 4 5 Evening 1 2 3 4 5

1 low · 3 okay · 5 great

TODAY'S INTENTION

THREE GOOD THINGS TODAY AND WHY THEY HAPPENED

Small counts: a warm drink, a kind message, a task done.

1 _____

2 _____

3 _____

A POSITIVE THOUGHT TO CARRY WITH ME

SOMETHING I'M LOOKING FORWARD TO

SOMETHING I DID WELL

A KIND THING I DID, OR RECEIVED

ONE SMALL POSITIVE ACTION FOR TOMORROW

EVERY WEEK

Positive actions

Feelings often follow actions. Plan a few good ones and watch your mood respond.

Week of _____

THIS WEEK'S POSITIVE ACTIONS

Choose small, doable actions: a walk, a call, a compliment, ten minutes of a hobby. Fill a circle each day you do it.

ACTION	MON	TUE	WED	THU	FRI	SAT	SUN
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

KIND THINGS I'LL DO FOR OTHERS

1 _____

2 _____

3 _____

4 _____

KIND THINGS I'LL DO FOR MYSELF

1 _____

2 _____

3 _____

4 _____

WHAT GAVE ME THE BIGGEST LIFT

WHAT I'LL KEEP DOING NEXT WEEK

QUICK HELP

30 positivity boosters

Need a lift right now? Pick one, any one. Tick the ones that work best for you.

MOVE

- [ ] Take a 10-minute walk outside
- [ ] Stretch for five minutes
- [ ] Dance to one favorite song
- [ ] Open a window and breathe fresh air
- [ ] Tidy one small surface

CONNECT

- [ ] Text someone you appreciate
- [ ] Give a genuine compliment
- [ ] Call a friend for a quick chat
- [ ] Hug someone, or your pet
- [ ] Do one small, secret kindness

MIND

- [ ] Write down three good things
- [ ] Say your favorite affirmation
- [ ] Name what you can control right now
- [ ] Recall a time you felt proud
- [ ] Replace 'I have to' with 'I get to'

SENSES

- [ ] Sit in the sunshine for a few minutes
- [ ] Make a warm drink and sip it slowly
- [ ] Light a candle or smell something fresh
- [ ] Listen to an uplifting playlist
- [ ] Look at photos from a happy day

JOY

- [ ] Watch something that makes you laugh
- [ ] Plan something to look forward to
- [ ] Do ten minutes of a hobby
- [ ] Read a page of a feel-good book
- [ ] Learn one small new thing

REST

- [ ] Take five slow, deep breaths
- [ ] Put your phone away for 30 minutes
- [ ] Drink a glass of water
- [ ] Rest your eyes for five minutes
- [ ] Go to bed a little earlier tonight

MY OWN GO-TO BOOSTERS

1. _____
2. _____
3. _____

EVERY MONTH

Monthly tracker

Month _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Mood (write 1 to 5)																															
Three good things	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Affirmations	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Positive action	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Kind to someone	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Time outside	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Reframed a thought	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

◯ Fill the circle when you did it

Mood: 1 low · 3 okay · 5 great

BEST MOMENTS THIS MONTH

WHAT HELPED ME STAY POSITIVE

A LESSON I LEARNED

SOMETHING I'M PROUD OF

NEXT MONTH I WANT TO FOCUS ON