Positivity Journal

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Positive things about me

List as many positive things about yourself as you can. Hint – even one is perfect!

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Positive things about _____

List all the positive things about a person, event or thing in this list.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

And my absolute favorite thing about this is:

_____

_____

_____

_____

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Positive affirmations

Inspiring affirmations to lift up your spirits and help you go through life with a smile.

I am my best support.

I have all the energy I need.

I am worthy of happiness and luck.

I am strong enough to push through.

Even if it doesn't go my way, I can still benefit from my experience.

I can overcome all the challenges.

I am confident in my abilities.

I am and always will be enough.

I release and let go of all the negative beliefs, thoughts and memories.

I will go through my life being calm, confident and brave.

I can have a positive change in my life.

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My positive affirmations

Write down positive and encouraging affirmations, then repeat them every day!

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My Best Possible Self (BPS)

Imagine the best version of yourself. Write down or draw abilities and qualities your BPS has, what have you achieved and how it feels to be your BPS.

Try to visualize your BPS every day along with positive affirmations („I have everything I need to become my Best Possible Self. I can and I will become my Best Possible Self“).

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Positive expressions

Are you used to saying negative things like „I can‘t“, „Not again“ or „It‘s too hard“? Try to change these negative expressions with something positive, like „I am strong enough to do anything“, „I am happy to overcome this challenge again“, „Nothing is too hard for me“.

Negative expression	Positive expression

„Today or any day that phone may ring and bring good news."

- Ethel Waters -

Letting go of negative things

Write down all the things that are making you think negative thoughts. Decide to let them go and set yourself free!

Next time, when these negative things come to your mind, simply think about them from a positive point of view and remind yourself that you‘ve already let them go.

I am letting go of these things / thoughts:

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Mistakes? No, lessons.

Every mistake or failure is a learning opportunity. Write down the things you consider a mistake of yours. Then try to find at least a single positive thing about it.

For example: „I failed to create my own business but I learned a lot of things that can help me try again and succeed“.

Mistake or experience	Lesson learned

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„ When you think positive, good things happen. “

- Matt Kemp -

Positive visualization

Set a timer for 60 minutes. During this hour, try to think, write and draw only positive things on this page. If any negative thoughts come to your mind, simply acknowledge them and bring your focus back to being positive.

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Positive thoughts

Date: _____ Time: _____

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Positive actions

List down all the good and positive things you can do to yourself or others. Try to do at least one of these things every day.

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20 positivity boosters

These things can help you turn negative thinking to a positive one, thus helping you become more optimistic.

1. Take a break from the news on TV and online.
2. Take a break from social media too.
3. Watch positive movies and TV shows, read positive books.
4. Try to have at least one positive activity every day.
5. Exercise and eat well to keep your body feeling good.
6. Meditate or simply concentrate on your breath for a few minutes.
7. Spend time with people who make you laugh.
8. Do a mirror exercise – stand in front of the mirror and tell yourself positive, encouraging and loving things.
9. Practise gratitude by being grateful for all the things you already have.
10. Set positive, realistic goals to keep yourself focused on something positive.
11. When you encounter something bad, remind yourself that there are good things in this world too.
12. When you feel like you can‘t cope, always ask for help. You don‘t have to do this alone!
13. Go outside and spend some time in nature (especially if the sun is shining).
14. Go through old photos where you‘re happy and smiling.
15. Repeat your positive affirmations.
16. Call or talk to someone you love.
17. If you find it hard to stay positive, allow yourself to be negative for a set amount of time. Then go through this workbook and turn on your positivity again.
18. Watch fun and supportive videos on Youtube.
19. Try to smile as much as you can.
20. If you feel unhappy about something, create a plan to change it.

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„ Keep your face to the sunshine, and you cannot see a shadow. “

- Helen Keller -

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