# 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.

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

# 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