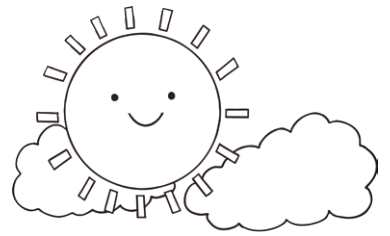


# Positive Thinking

## A Positive Thoughts Diary



For one week, record a positive thought at the end of each day.

Think back and reflect on the day. There may have been things that weren't so great about the day, but try to always find something that went well. Only positive thoughts are allowed in this diary!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday