

Positive Log

It is not easy to think positively when life throws challenges at you. However thinking negatively the majority of the time can have a big impact on your mood. To help balance it out you can learn to think more positively, even in the most difficult situations. Try using this Positive Log to help you:

Day	What positive things did you notice or experience?
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	