

Tools for Positive Thinking

Below you will find two tools. You can use them to help you and the people you support use positive thinking.

Three Good Things – A Daily Diary

- What good things happened today?

Use: Write down and talk about three things that went well today. What happened? How did they make you feel good? What can you do to increase good things in your life?

Day	Good Thing #1 – What was it? How did you feel?	Good Thing #2 – What was it? How did you feel?	Good Thing #3 – What was it? How did you feel?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Best Day Thinking Activity

- What would be a great day?
- How can you make it happen?

Use: Write down what would make a great day from morning to night. What would you do? Who would you do it with? What would you eat? Where would you go?

Best Day

How can you make it happen?