

Positive Thinking ACTIVITY

Name: _____

Date: _____

When you have a tough day, focusing on the positive can help improve your mood.
Complete this worksheet to focus on positive thoughts, memories, and emotions.

What are two coping statements or positive phrases you can say when going through a difficult moment?

Write down two things you are grateful for.

What is the name of someone who inspires you? What do you admire about this person?
What can you learn from them?

What is an activity that almost always makes you feel calm and relaxed?

If you could take a dream vacation to anywhere in the world, where would it be?