

# POSITIVE Thinking

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What are three things that make you feel good? \_\_\_\_\_

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Name three people who help you feel supported. \_\_\_\_\_

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What has been the best day of your life so far? \_\_\_\_\_

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What is something you can say to yourself to help you remember to think positively? \_\_\_\_\_