

# Positive Diary

|             |   |  |
|-------------|---|--|
| M<br>O<br>N | Something I did well today...                                 |  |
|             | Today I had fun when...                                       |  |
|             | I felt proud when...  |  |
| T<br>U<br>E | Today I accomplished  |  |
|             | I had a positive experience with...                           |  |
|             | Something I did for someone...                                |  |
| W<br>E<br>D | I felt good about myself when...                              |  |
|             | I was proud of someone else when...                           |  |
|             | Today was interesting because...                              |  |
| T<br>H<br>U | I felt proud when...  |  |
|             | A positive thing I witnessed...                               |  |
|             | Today I accomplished...                                       |  |
| F<br>R<br>I | Something I did well today...                                 |  |
|             | I had a positive experience with (a person, place or thing).. |  |
|             | I was proud of someone when...                                |  |
| S<br>A<br>T | Today I had fun when...                                       |  |
|             | Something I did for someone...                                |  |
|             | I felt good about myself when...                              |  |
| S<br>U<br>N | A positive thing I witnessed...                               |  |
|             | Today was interesting because...                              |  |
|             | I felt proud when...  |  |

