

Positive Journal

Whether you are suffering from low self-esteem, anxiety, relationship issues, or depressed mood, it is always important to use positive experiences to balance out negative and anxious thoughts and feelings.

Directions: Keep a list of 3 positive thoughts, experiences, feelings, memories or interactions per day. The positive thoughts, feelings, and reflections will help you combat the negative thoughts, anxiety, insecurities or suspicions.

Day 1
1.
2.
3.
Day 2
1.
2.
3.
Day 3
1.
2.
3.
Day 4
1.
2.
3.
Day 5
1.
2.
3.
Day 6
1.
2.
3.
Day 7
1.
2.
3.