



## Increasing Positive Feelings

Many people don't realize how much power they have over their emotions. When you are having a hard day, thinking about things that trigger your positive emotions can really help. Fill-out this worksheet to focus on positive thoughts, memories, and emotions. You can fill it out all at once or just a few questions at a time.

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What is the one thing that always brings you joy?

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Write down a time that you had a wonderful surprise.

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What is something you did you are really proud about?

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Write down a time when you achieved a goal because you wouldn't stop trying.

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Name a person who always makes you feel confident.

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What is something you do that always makes you feel energized.

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Write down something that always makes you feel hopeful.

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When you do feel most loving?

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Name an activity that almost always makes you feel calm and focused.

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Think of a person, place, or thing that gives you a sense of belonging.

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Think of a book, movie, or song that always gives you a strong sense of optimism.

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Name an activity that always give you pleasure.

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Write down the names of two people who have inspired you.

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Think of a time in your life when you felt completely content.

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Write down three things you are grateful for.

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Think of a time when you were completely filled with awe.

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Think of someone you know who is very caring.

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Think of a time when you laughed so hard that tears came to your eyes.

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Think of a time when you felt particularly capable.

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Think of a time when your efforts were sincerely acknowledged.

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Think of a time when you were treated with unexpected kindness.

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