

Focusing on Good Things That Happen

For You to Think About

Even though you have had many problems, good things still happen every day. When you pay attention to these good things, you will develop a positive attitude, and a positive attitude will always make you feel better.



A positive attitude makes a big difference in how you feel!

Each day this week, write down three good things that happened.

Monday 1. _____
2. _____
3. _____

Tuesday 1. _____
2. _____
3. _____

Wednesday 1. _____
2. _____
3. _____



Thursday 1. _____
2. _____
3. _____

Friday 1. _____
2. _____
3. _____

Saturday 1. _____
2. _____
3. _____

Sunday 1. _____
2. _____
3. _____

Describe and draw a picture of the best thing that happened to you this week.

