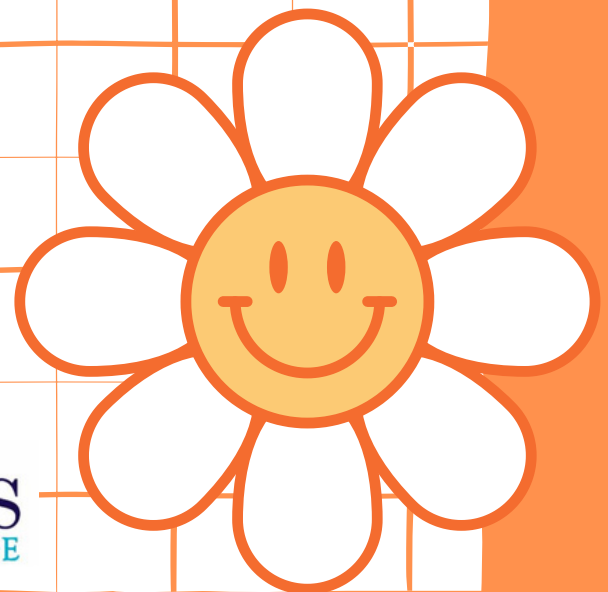




The Positivity Journal



The Positive Psychology movement seeks to understand what makes life worth living and how individuals can flourish and thrive.

Embracing a positive mindset can be a transformative and empowering choice. Even though you may be struggling with problems in your life, you can still find fulfillment and meaning by focusing on well-being, optimism, gratitude, and the pursuit of meaningful goals.

On each page of this journal, you will find prompts and techniques aimed at promoting positivity in your life. From gratitude reflections and affirmations to goal-setting and coping strategies, you can make a daily commitment to wellness practices that can improve your mood, your enjoyment of life, and even your productivity!

I recommend that you make a journal entry every day for an entire month. Set aside a few minutes at the end of the day to focus on the positive things that happened and perhaps spend a few minutes thinking about what the next day will bring.

When it's possible, take some additional time to share your thoughts and feelings about the day with a loved one. The only thing more important than a positive attitude is sharing it with someone you care about.

Wishing you the best on your journey,

Angela M. Doel, M.S.

Describe Your Overall Mood Today:

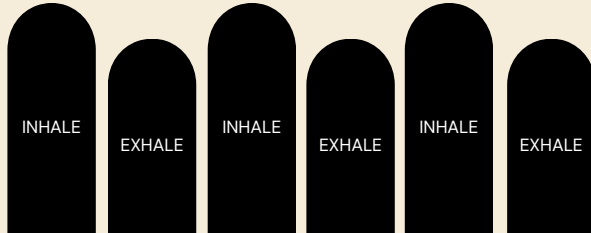
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List Triggers or Situations that Affected Your Mood

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Breathe Before Writing



3 Good Things About Today

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Large rounded rectangular box for the second good thing.

Large rounded rectangular box for the third good thing.

Today's Affirmation

Large rounded rectangular box for today's affirmation.

What Are You Grateful For Today?

- Three asterisks indicating a list of items.

Today's Highlights

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Large rounded rectangular box for the second highlight.

Describe Today in a Drawing

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Positive Activities You Engaged in Today (even small ones)

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Today's Achievements

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Goal for Tomorrow

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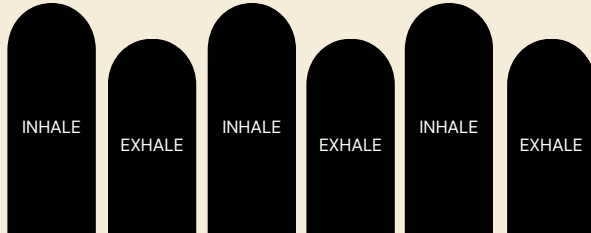
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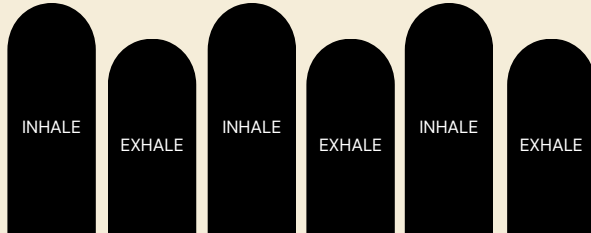
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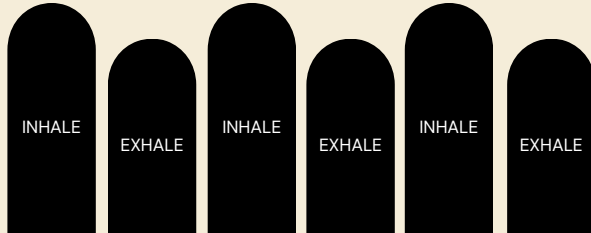
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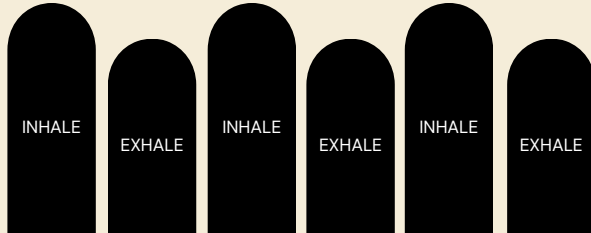
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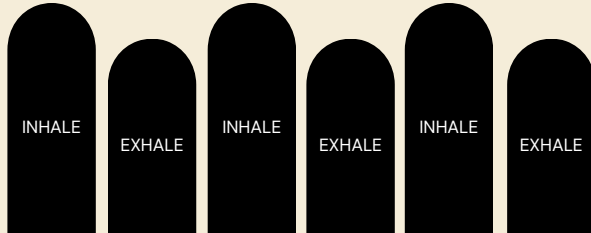
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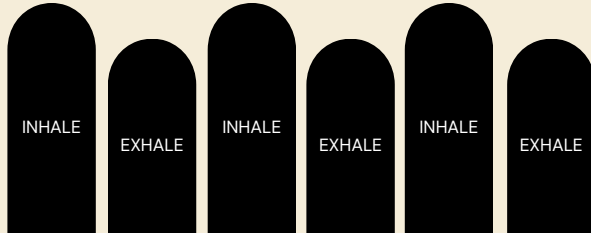
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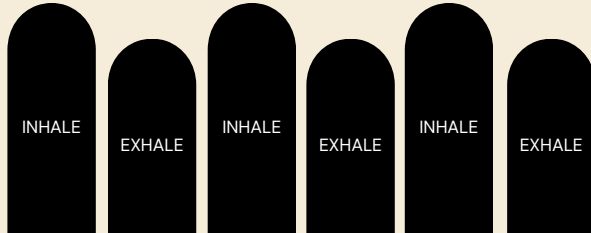
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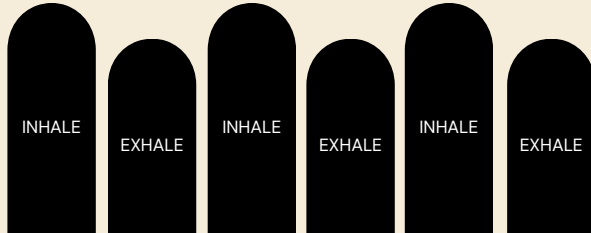
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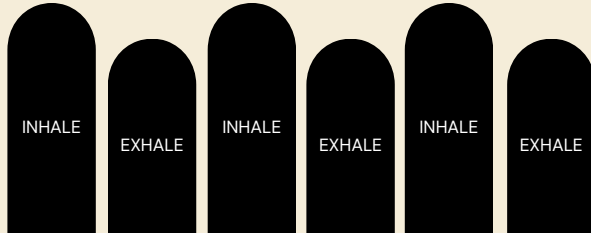
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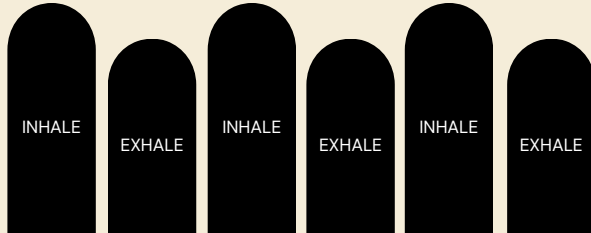
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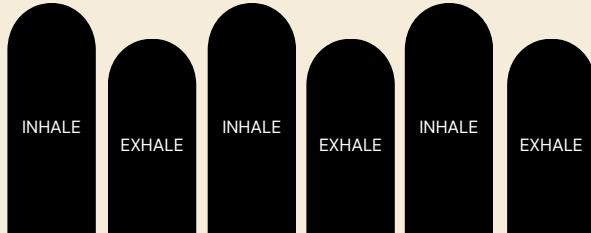
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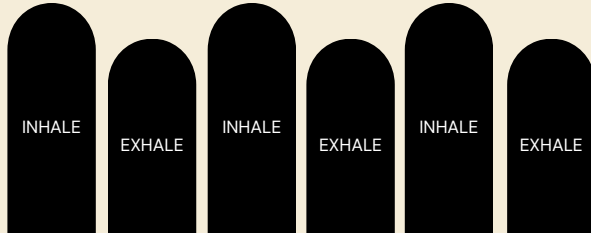
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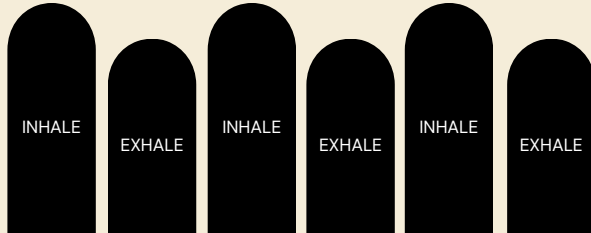
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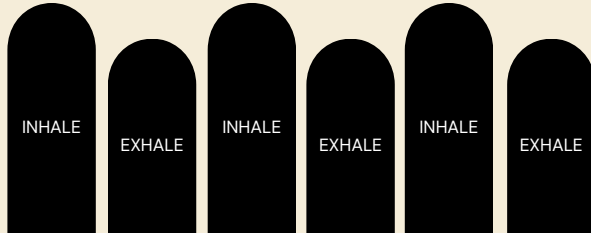
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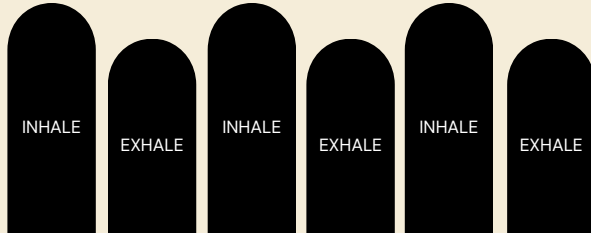
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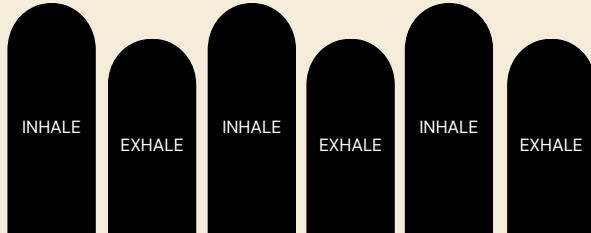
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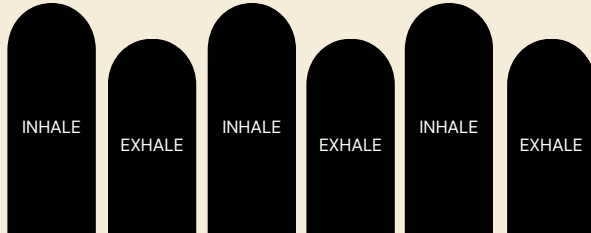
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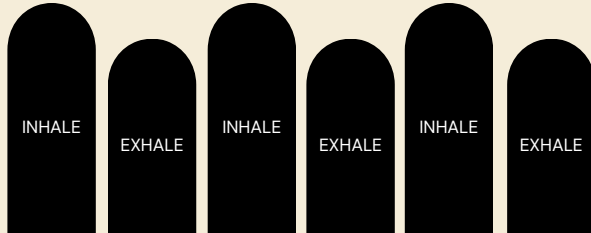
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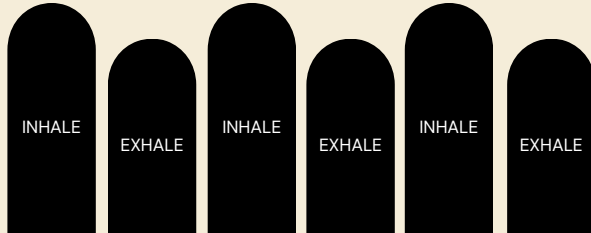
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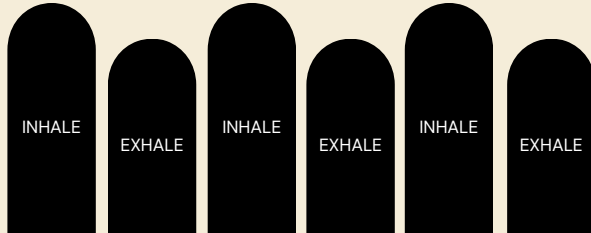
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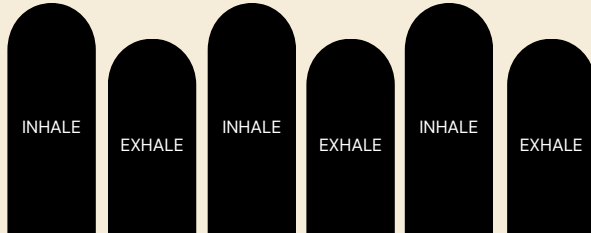
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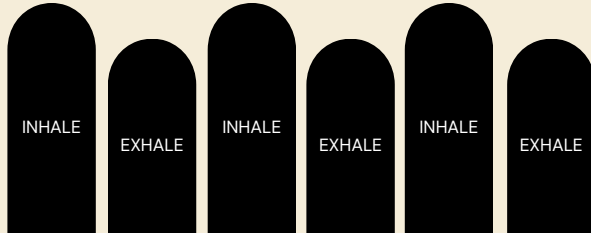
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Goal for Tomorrow

[Three horizontal lines for goal]

Describe Your Overall Mood Today:

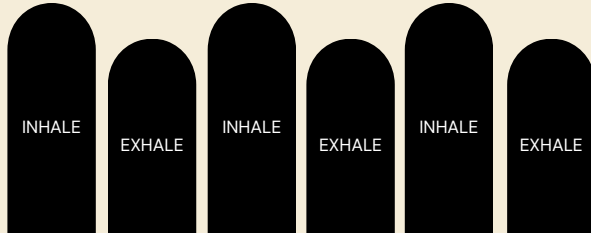
___/___/___

[Large rounded rectangular box for mood description]

List Triggers or Situations that Affected Your Mood

[Large rounded rectangular box for mood triggers]

Breathe Before Writing



3 Good Things About Today

[Rounded rectangular box for the first good thing]

[Rounded rectangular box for the second good thing]

[Rounded rectangular box for the third good thing]

Today's Affirmation

[Large rounded rectangular box for affirmation]

What Are You Grateful For Today?

- *
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*

Today's Highlights

[Rounded rectangular box for the first highlight]

[Rounded rectangular box for the second highlight]

Describe Today in a Drawing

[Large square box for drawing with a small pencil icon in the bottom right corner]

Positive Activities You Engaged in Today (even small ones)

[Four horizontal lines for listing activities]

Today's Achievements

[Three horizontal lines for achievements]

Goal for Tomorrow

[Two horizontal lines for goal]

Describe Your Overall Mood Today:

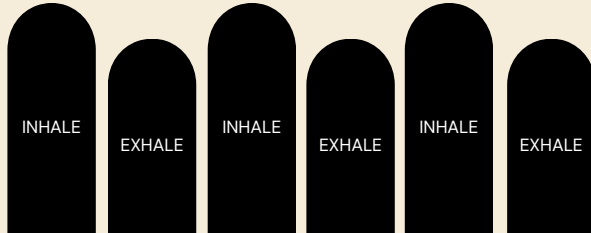
___/___/___

[Large rounded rectangular box for mood description]

List Triggers or Situations that Affected Your Mood

[Large rounded rectangular box for mood triggers]

Breathe Before Writing



3 Good Things About Today

[Rounded rectangular box for the first good thing]

[Rounded rectangular box for the second good thing]

[Rounded rectangular box for the third good thing]

Today's Affirmation

[Large rounded rectangular box for affirmation]

What Are You Grateful For Today?

- *
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*

Today's Highlights

[Rounded rectangular box for the first highlight]

[Rounded rectangular box for the second highlight]

Describe Today in a Drawing

[Large square box for drawing with a small pencil icon in the bottom right corner]

Positive Activities You Engaged in Today (even small ones)

[Four horizontal lines for listing activities]

Today's Achievements

[Three horizontal lines for achievements]

Goal for Tomorrow

[Three horizontal lines for goal]

Describe Your Overall Mood Today:

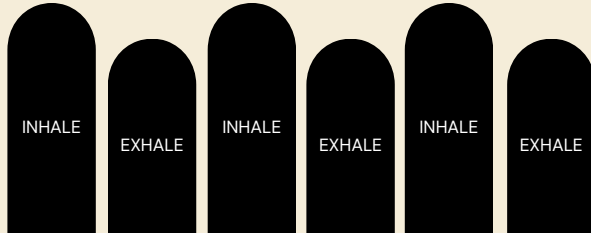
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List Triggers or Situations that Affected Your Mood

Large rounded rectangular box for mood triggers.

Breathe Before Writing



3 Good Things About Today

Rounded rectangular box for the first good thing.

Rounded rectangular box for the second good thing.

Rounded rectangular box for the third good thing.

Today's Affirmation

Large rounded rectangular box for today's affirmation.

What Are You Grateful For Today?

- Three asterisk symbols for listing items.

Today's Highlights

Rounded rectangular box for the first highlight.

Rounded rectangular box for the second highlight.

Describe Today in a Drawing

Rectangular box for drawing with a small pencil icon in the bottom right corner.

Positive Activities You Engaged in Today (even small ones)

Four horizontal lines for listing activities.

Today's Achievements

Three horizontal lines for listing achievements.

Goal for Tomorrow

Two horizontal lines for listing the goal.

Describe Your Overall Mood Today:

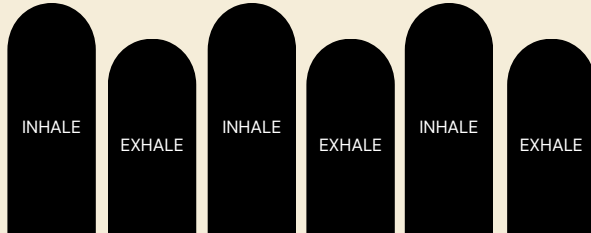
___/___/___

Large rounded rectangular box for mood description.

List Triggers or Situations that Affected Your Mood

Large rounded rectangular box for mood triggers.

Breathe Before Writing



3 Good Things About Today

Large rounded rectangular box for the first good thing.

Large rounded rectangular box for the second good thing.

Large rounded rectangular box for the third good thing.

Today's Affirmation

Large rounded rectangular box for today's affirmation.

What Are You Grateful For Today?

- Three asterisk symbols for listing items.

Today's Highlights

Large rounded rectangular box for the first highlight.

Large rounded rectangular box for the second highlight.

Describe Today in a Drawing

Large square box for drawing, with a small pencil icon in the bottom right corner.

Positive Activities You Engaged in Today (even small ones)

Four horizontal lines for listing activities.

Today's Achievements

Three horizontal lines for listing achievements.

Goal for Tomorrow

Two horizontal lines for listing the goal.

Describe Your Overall Mood Today:

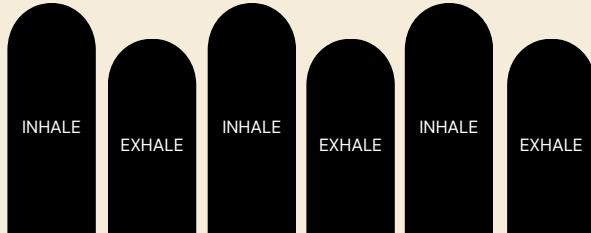
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Large rounded rectangular box for mood description.

List Triggers or Situations that Affected Your Mood

Large rounded rectangular box for mood triggers.

Breathe Before Writing



3 Good Things About Today

Large rounded rectangular box for the first good thing.

Large rounded rectangular box for the second good thing.

Large rounded rectangular box for the third good thing.

Today's Affirmation

Large rounded rectangular box for today's affirmation.

What Are You Grateful For Today?

- Three asterisks indicating list items.

Today's Highlights

Large rounded rectangular box for the first highlight.

Large rounded rectangular box for the second highlight.

Describe Today in a Drawing

Rectangular box for drawing with a small pencil icon in the bottom right corner.

Positive Activities You Engaged in Today (even small ones)

Four horizontal lines for listing positive activities.

Today's Achievements

Three horizontal lines for listing achievements.

Goal for Tomorrow

Two horizontal lines for listing the goal for tomorrow.

Describe Your Overall Mood Today:

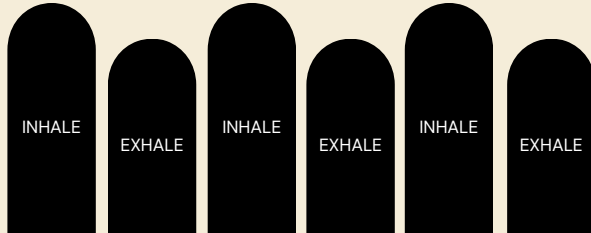
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List Triggers or Situations that Affected Your Mood

Large rounded rectangular box for mood triggers.

Breathe Before Writing



3 Good Things About Today

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Rounded rectangular box for the second good thing.

Rounded rectangular box for the third good thing.

Today's Affirmation

Large rounded rectangular box for today's affirmation.

What Are You Grateful For Today?

- Three asterisk symbols for listing items.

Today's Highlights

Rounded rectangular box for the first highlight.

Rounded rectangular box for the second highlight.

Describe Today in a Drawing

Rectangular box for drawing with a small pencil icon in the bottom right corner.

Positive Activities You Engaged in Today (even small ones)

Four horizontal lines for listing activities.

Today's Achievements

Three horizontal lines for listing achievements.

Goal for Tomorrow

Two horizontal lines for listing the goal.

Describe Your Overall Mood Today:

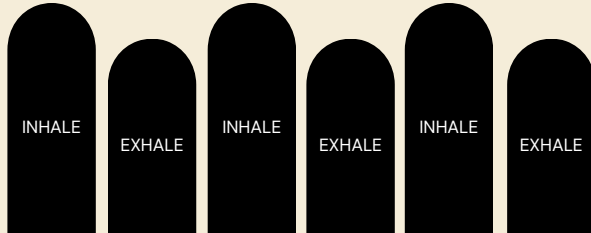
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List Triggers or Situations that Affected Your Mood

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Breathe Before Writing



3 Good Things About Today

Large rounded rectangular box for the first good thing.

Large rounded rectangular box for the second good thing.

Large rounded rectangular box for the third good thing.

Today's Affirmation

Large rounded rectangular box for today's affirmation.

What Are You Grateful For Today?

- Three asterisks indicating a list of items.

Today's Highlights

Large rounded rectangular box for the first highlight.

Large rounded rectangular box for the second highlight.

Describe Today in a Drawing

Large square box for drawing, with a small pencil icon in the bottom right corner.

Positive Activities You Engaged in Today (even small ones)

Four horizontal lines for listing positive activities.

Today's Achievements

Three horizontal lines for listing achievements.

Goal for Tomorrow

Two horizontal lines for listing a goal for tomorrow.

Describe Your Overall Mood Today:

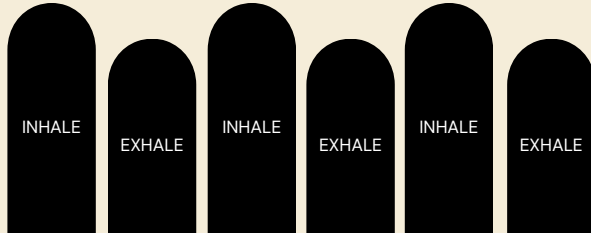
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List Triggers or Situations that Affected Your Mood

[Large rounded rectangular box for mood triggers]

Breathe Before Writing



3 Good Things About Today

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[Rounded rectangular box for the third good thing]

Today's Affirmation

[Large rounded rectangular box for affirmation]

What Are You Grateful For Today?

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Today's Highlights

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Describe Today in a Drawing

[Large square box for drawing with a small pencil icon in the bottom right corner]

Positive Activities You Engaged in Today (even small ones)

[Four horizontal lines for listing activities]

Today's Achievements

[Three horizontal lines for achievements]

Goal for Tomorrow

[Three horizontal lines for goal]