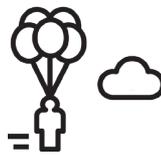


# POSITIVE DIARY

This is an effective method for not losing sight of the small pleasures of everyday life: Keep a positive diary for each day, recording ten pleasant events each day. These can be little things like a nice conversation, a delicious piece of cake or a smile.

Why exactly ten things? You have to make an effort. Three things are easy to find! But the aim is to raise awareness of the many pleasures of everyday life. This will make it easier for you as time goes on. If you don't find ten points, add things you are grateful for.

**You will suddenly find yourself unconsciously searching for positive things and associate positive emotions with situations to which you have paid little attention to so far.**



Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1							
2							
3							
4							
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Date _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1							
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