



Courtesy of Coach Reed Dewey - phone/text (240) 454-1992
<http://www.whats-next.org>

Positivity/Reflection Worksheet

There is much power in what we think and the assumptions we make that lead to positive and negative feelings. Use this worksheet to add more positivity to life or as a springboard for self reflective journaling.

What would make my life more fulfilling and/or meaningful?

What strengths do I have that bring positivity to my life?

What ways can I strengthen resilience so I can adapt when life throws me a curve ball?

What are 5 things that bring me hope and happiness?

Ways I can build my courage so I can face my fears and life's challenges head on.

What one thing happened today that made me feel gratitude

Three more things I am grateful for.

While life may be tough right now, at least I....

Three people in my life that I deeply love.

How do I express my love for them?

Who do I want to make deeper connections with?

Ways I can strengthen those connections?

Today I choose to let go....

When things go wrong, I will ask myself:

- *What am I feeling right now?*
- *Am I thinking clearly?*
- *What part do I play in this?*
- *What is in my control?*
- *What is out of my control?*
- *What are my options?*
- *What can I do right now?*
- *Can I forgive myself?*

5 things that make me excited about life.

5 mistakes I've made and what I've learned from each.

Things I have done that have helped me feel more positive.

Things I am still working on.

Note a few setbacks I've recently encountered and how I overcame them (or am working to overcome them).

How my life is different even with the few changes I have made so far.

Thoughts/Notes: