

Positives Log

At the end of each day, write down 2-3 positive things you did.

- Notice small things.
- Consider positive habits you have.
- Notice things that were hard for you to do.
- It's okay to record the same positive action on different days.
- Consider daily responsibilities.
- **The aim:** Get better at giving yourself credit for the positive things you do.

Date	Positive thing you did	Trait/skill involved

Positive Actions & Traits

Examples to help you identify the trait or skill involved in a positive action.

Use any word that fits your experience. You do not need to choose from this list.

- Discipline
- Friendliness
- Courtesy/politeness
- Honesty
- Helpfulness
- Discretion/tact
- Dependability
- Loyalty
- Hospitality
- Bravery/courage
- Compassion
- Tolerance
- Open-mindedness
- Fairness
- Sensitivity
- Kindness
- Valuing others' time
- Apologizing when wrong
- Charity/volunteering
- Humility
- Reasonableness
- Patience
- Responsible
- Team player

- Perseverance
- Well groomed
- Tidy
- Easy-going
- Even-tempered
- Gentle
- Ambition
- Striving toward self-improvement
- Good communicator
- Outgoing
- Interesting
- Good conversationalist
- Generosity
- Assertiveness
- Independence
- Nurturing
- Self-sacrificing
- Toughness
- Intelligent
- Hard-working
- Punctual
- Sense of humour
- Empathy
- Financially responsible