## Positive psychology worksheet

## Complete this every day for 21 days

Gratitudes – record 3 new things each day that you are grateful for:
1.
2.
3.
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. We will be a second of the control
Journalling – write about 1 positive experience of the last 24 hours:
Exercise – do something active each day:
Modification find some quiet time to just 'he' cash day:
Meditation – find some quiet time to just 'be' each day:
Pandam/sonssigue act of kindness do ano unprompted kind thing for someone also
Random/conscious act of kindness – do one unprompted kind thing for someone else
each day:

