

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.

Journalling – write about 1 positive experience of the last 24 hours:

Exercise – do something active each day:

Meditation – find some quiet time to just 'be' each day:

Random/conscious act of kindness – do one unprompted kind thing for someone else each day:

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