

# Increasing Positive Feelings

Many people don't realise how much power they have over their emotions. When you are having a hard day, thinking about things that trigger your positive emotions can really help. Fill-out this worksheet to focus on positive thoughts, memories, and emotions. You can fill it out all at once or just a couple of questions at a time.



What is the one thing that brings you joy?

Write down a time that you had a wonderful surprise

Write down three things you are grateful for.

Name an activity that almost always makes you feel calm and focused.

Name an activity that always gives you pleasure.