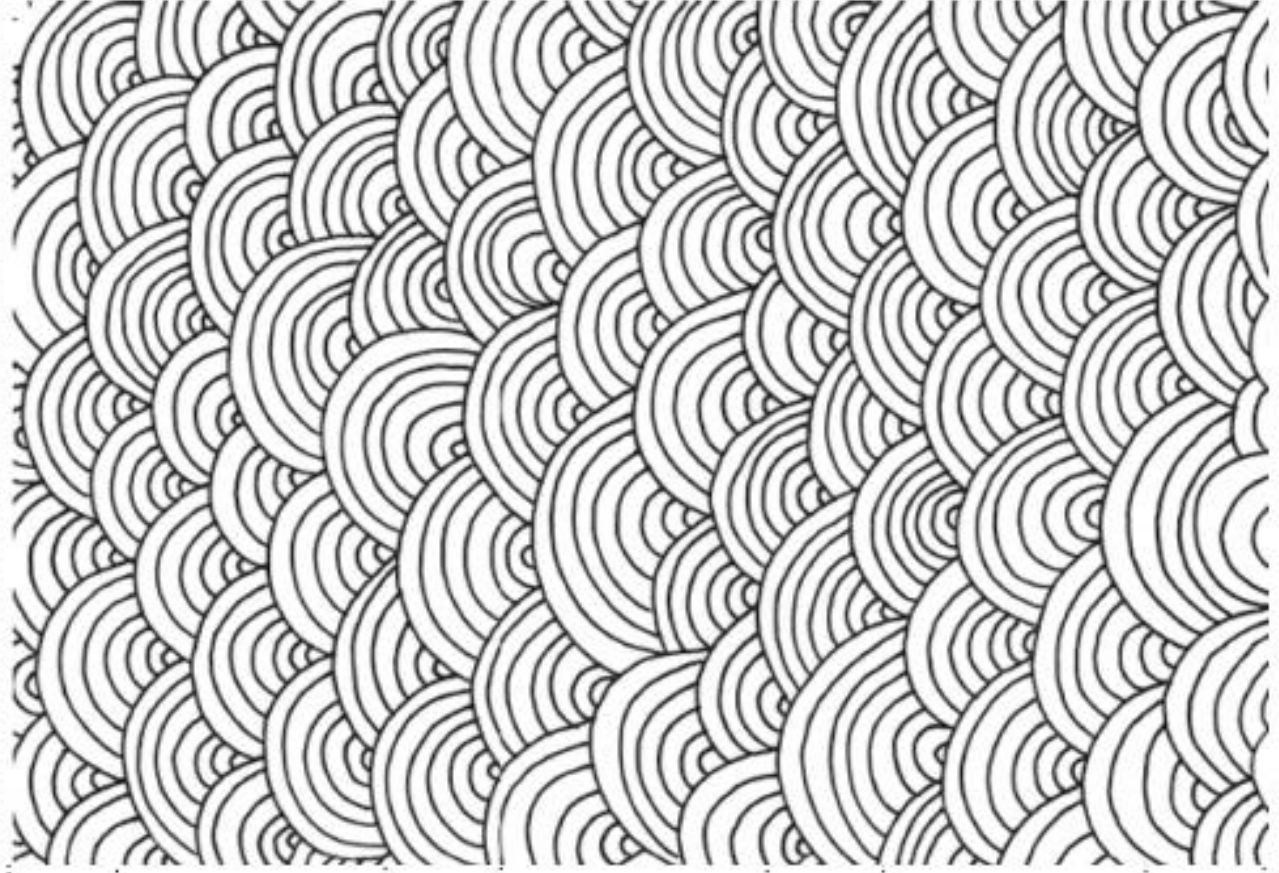


My Positive Day

DATE:

DAY:



Breakfast

Morning
activity

Late morning
Activity

LUNCH!

Afternoon
activity

Free time!

Daily intentions

TODAY'S
DATE:

--	--	--	--	--	--	--	--	--	--

CHOOSE
YOUR
SYMBOL:

--

Evening reflections

TODAY'S MANTRA

HOW WOULD I SUM UP TODAY?

MY TOP THREE GOALS ARE...

•

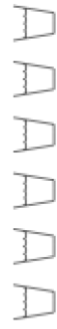
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ANYTHING ELSE TO ACHIEVE?

IT'S ALL ABOUT ME! (SELF-CARE TASK TODAY)

NOTE TO SELF TODAY IS...





Mirror, mirror

REFLECTING ON WHO YOU ARE

Look in the mirror through the eyes of someone who loves you unconditionally. Write down what they see. Be kind. Be positive. Dig deep, and be honest with yourself about the complex, interesting and amazing person you are, inside and out! Keep adding to this and, most importantly, carry these encouraging words with you wherever you go.

If you are feeling very brave, you could ask a trusted friend or family member what they would write about you in this space. Sometimes seeing the good in yourself can be difficult, but others will have lots to say about you!



MIRROR MIRROR

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Let it go



Image & words by your friends at The Positive Planner

LETTING GO SESSION

Visualise your worries, fears, troubles and anxious niggles as balloons. Using a pencil, write them down one by one around this balloon.

Stand by a window, looking out, and visualise each balloon floating away into the distance, getting smaller and smaller until finally it disappears.

As you release each worry, rub it out and replace it with a positive and encouraging thought.

You can practice this visualisation when you are on the go and in moments of stress. The visualisation alone will be a powerful grounding tool.

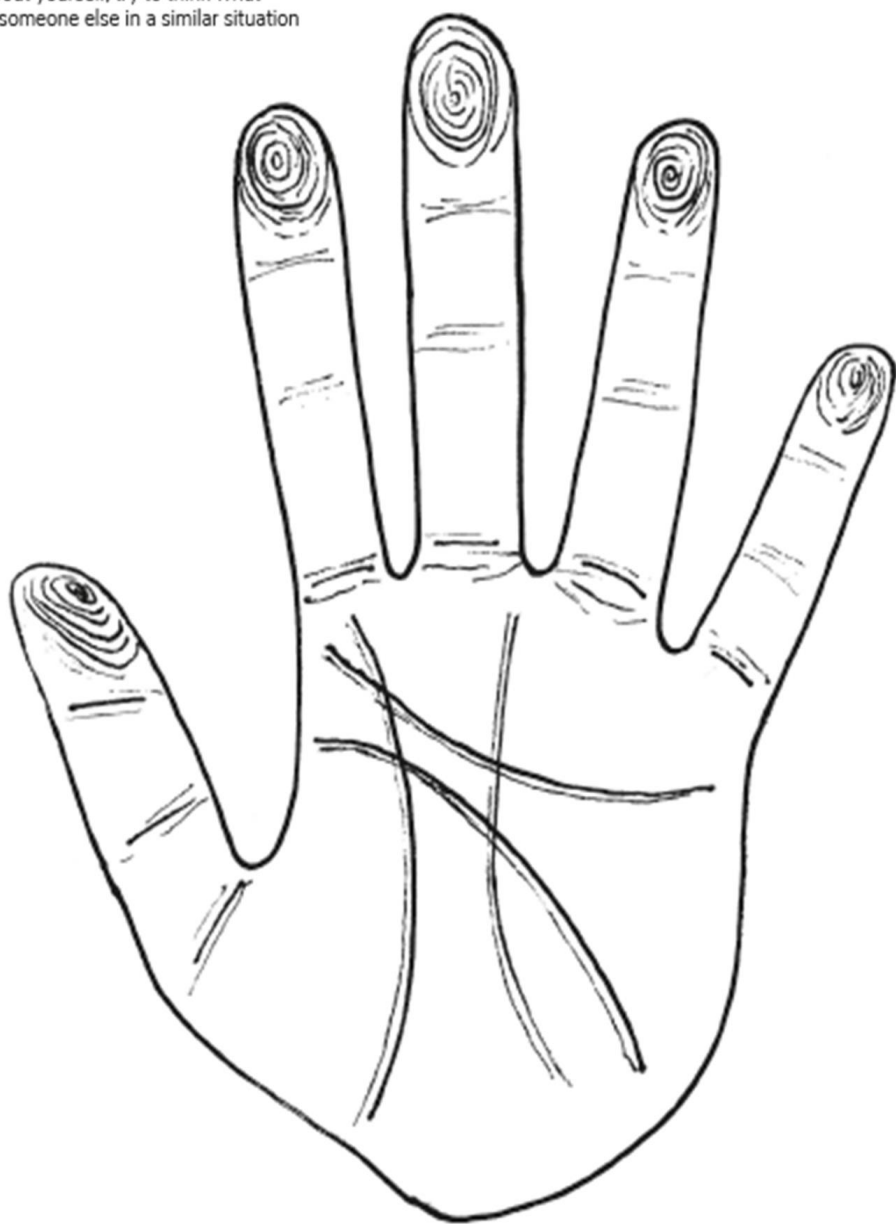
High Five

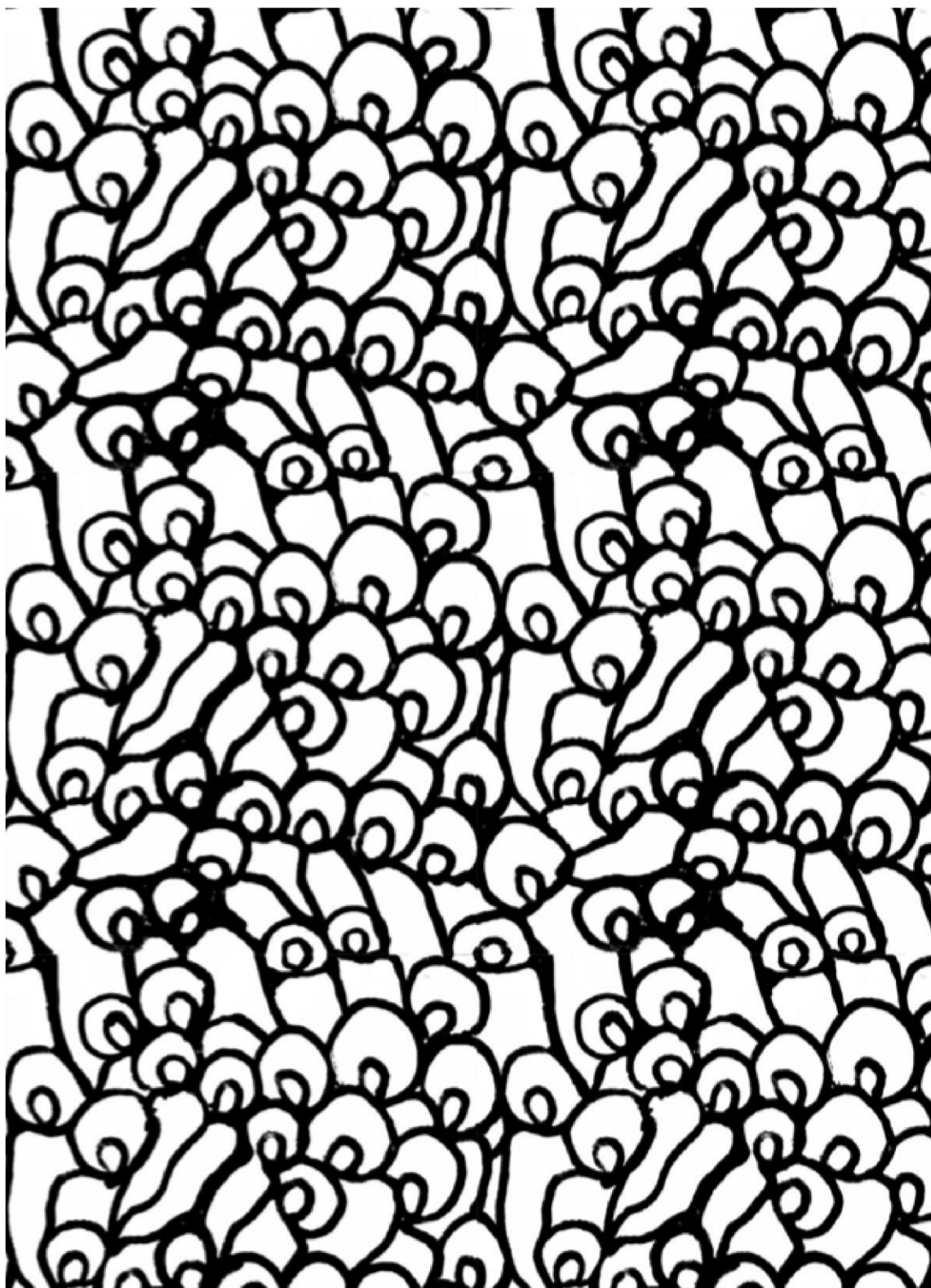
TAKE 5 AND GIVE YOURSELF A HIGH FIVE

You are brilliant, strong and courageous in so many ways; you just can't always see it!

Take five minutes to sit down and reflect on your achievements, big and small. Think about your week, month, year or just your day, and acknowledge everything you've done. Think about what you have achieved and how well you've looked after others, or even yourself! Look at yourself through the eyes of a friend or loved one and give yourself a huge high five, just like you'd give them! Jot some of your thoughts down around this hand illustration.

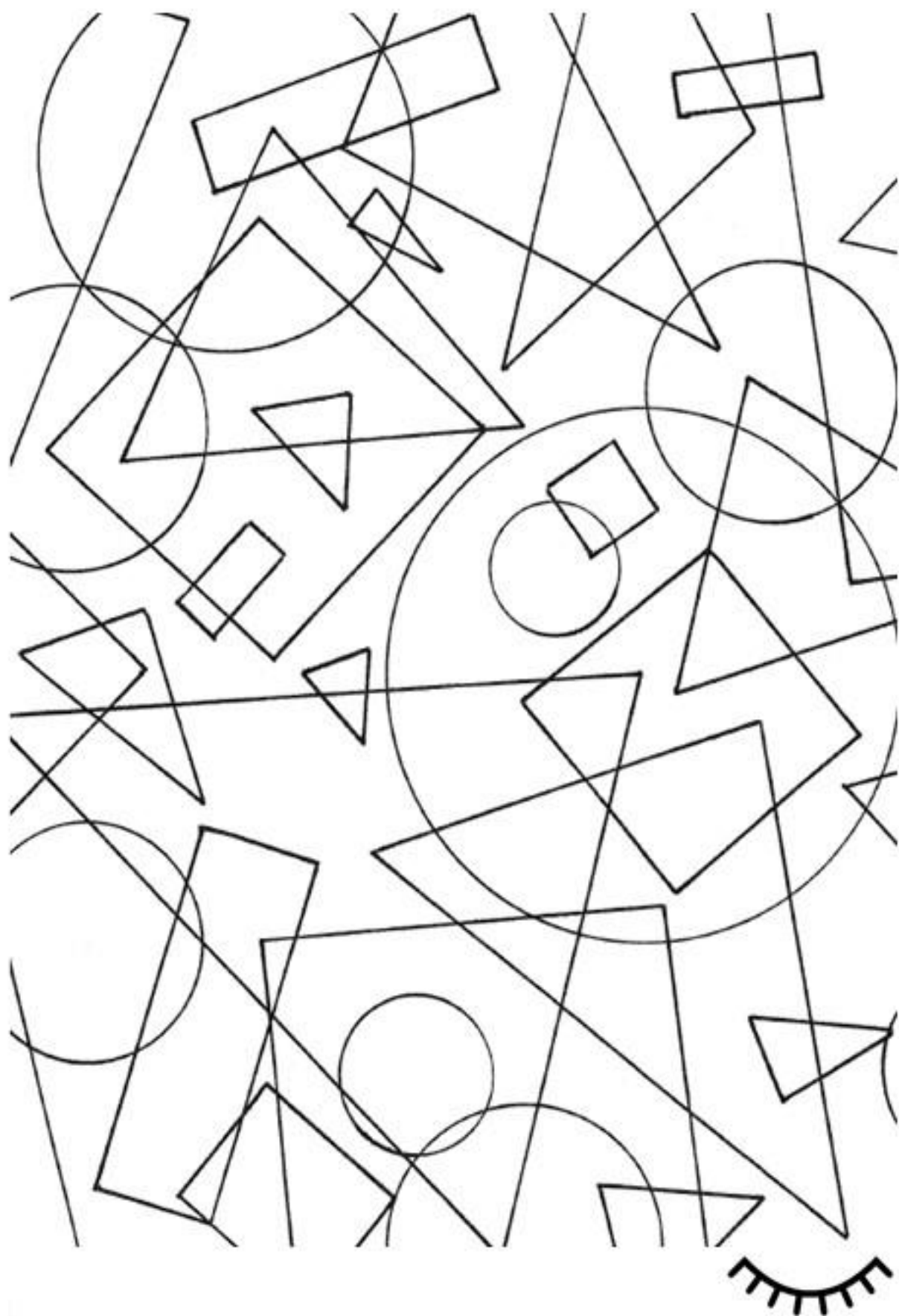
If it is hard to be positive about yourself, try to think what positives you would say to someone else in a similar situation as you.





Colouring in is such a mindful thing to do, notice where your mind wanders to as you concentrate on filling this pattern in.







Set the timer for 5 minutes and see where these questions take you!

1. What do I want to do more of this year?

2. What would my perfect day look like?

3. What opportunities should I take or make for myself?

4. What does my mind need right now?

5. What fears am I carrying at the moment?

Free Writing

Try setting a timer for 5 minutes...

Take your pen and write continuously without stopping about everything that is on your mind now. Don't worry about how neat your handwriting is, correct spelling or your grammar. This is all about doing a written 'brain dump' and see your thoughts on the page. It can be an amazing way to let go of anxious thoughts or deal with stressful situations!



Celebrating your achievements

Look back at the past few weeks and think about what you have achieved.

Make a list in the trophy

Around the trophy, write down goals for the rest of the year.

