



Positivity

Directions:

1. In the left column, write down the areas of your life you have a positive attitude about.
2. In the right column, write down the areas of your life you could have a more positive attitude about.
3. For the areas that need more positivity, think of positive thoughts towards it and write them under “Positive Thoughts.”

I'm positive about:	Areas I need more positivity:
1.	1.
2.	2.
3.	3.



Positive Thoughts