



The Positive Journaling Challenge

It's important to use positive experiences to balance out our anxious, negative thoughts and feelings.

How to use: Each day for 7 days write down 3 positive experiences, feelings or interactions. These positive reflections will help you counteract the negative or anxious thoughts and feelings. Take the time to reflect on the previous day's positive experiences as you begin the new day. Have fun with it!

Day 1

1.

2.

3.

Day 2

1.

2.

3.

Day 3

1.

2.

3.

Day 4

1.

2.

3.

Day 5

1.

2.

3.

Day 6

1.

2.

3.

Day 7

1.

2.

3.