



Gratitude and Positivity Prompts By Mindful Discoveries



Three things I like about myself:

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Three things I am happy with in life:

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Something positive that happened this week:



Something that made me laugh really hard:

What cheers me up the most when you are feeling down? How could I make sure I do this more in day to day life?



Three positive goals for the future:

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My favourite childhood memory:



People who love me and care about me:

Thing I am looking forward to:



How do I feel after doing this?

