

**One simple technique is to list just three things everyday that went well or that you've found appreciation for.**

They don't have to be monumental, they can be the smallest of things, like a friend who bought you a coffee, or bearing witness to a beautiful sunset. Anything that you found in the day that gave you, even just for a moment, a good feeling inside.

Capture that feeling and then write it down, or you could even draw it. By doing so, you'll build some positive thought patterns and good memories too.

## Practise Optimism Techniques:

Date:

Things I am grateful for:

1

2

3



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