|  |  |  |
| --- | --- | --- |
| Date | Positive thing I did | What does that say about me |
|  | e.g. Did the laundry | e.g. I care about the home |
|  | e.g. Played with the kids | e.g. I am a good parent and fun to be around |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Positivity Journal**