

# Focusing on Positive Feelings

Experiencing positive emotions like gratitude, joy, hope, pride, or inspiration is vital for anyone who wants to lead a happy and healthy life. Positive emotions help us calm down and reset, make us more open to new ideas, opportunities, and challenges, and help us effectively handle adversity.

So when you're having a hard day, actively engaging in, thinking about pleasant things that trigger your positive emotions can really help cope with stress and feel better.

Complete this worksheet to focus on positive emotions, thoughts, and memories.

**1. What is the one thing that always brings you joy?**

---

**2. Write down the names of 3 people who have inspired you.**

---

**3. Write down 5 things you are grateful for.**

---

**4. What is something you think about that makes you feel hope or excitement for the future?**

---

5. What activity always gives you pleasure? What activity do you want to try but haven't yet?

---

6. What is something you did that you are really proud of?

---

7. Think about a time when someone treated you with unexpected kindness. How can you engage in acts of kindness for others?

---

8. What activity almost always makes you feel calm and focused?

---

9. What would other people say are your strengths or something they appreciate about you? What do you think these are?

---

10. What is a challenge that you faced that you were able to overcome?

---

**Do you know that it's possible to develop skills that will help you navigate through setbacks and adversities? Discover 12 ways to enhance your resilience and grow despite life's downturns.**

