Positive Qualities Diary

- Think about **today’s positives**
- Write down the **activity**
- Write down **feelings**

Today’s positives → Activity → Positive feelings

- Kind
- Loyal
- Thoughtful
<table>
<thead>
<tr>
<th>Day</th>
<th>What I did</th>
<th>How I felt</th>
</tr>
</thead>
<tbody>
<tr>
<td>November 15</td>
<td>Called my friend</td>
<td>Kind</td>
</tr>
</tbody>
</table>