

Date: _____

Positive Psychology Daily Ritual - AM

Gratitude: What are you grateful for? What are you grateful to *not* have in your life?

- 1.
- 2.
- 3.

Intention: What do you want to remember or say to yourself as you move through your day? (e.g., I am good enough)

Success: Give an example of one small success you have experienced recently

Well wishes or prayers for others

- 1.
- 2.

Savouring: Reflect on one positive experience you have had in the last 24 hours and savour the experience for at least 10 seconds.

Date: _____

Positive Psychology Daily Ritual - PM

Positive events: Think of three positive events that occurred in your day and amplify one in your mind for at least 10 seconds.

1.
2.
3.

Learning: What is one thing you learned today?

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Relationship gratitude: Reflect on one thing you are grateful for in one of your close relationships.

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Sleep intention: What kinds of thoughts, emotions, and images would you like to carry with you into your sleep tonight?

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