

Positive Mind Journal

*A Guided Space to Nurture Gratitude,
Confidence & Self-Belief*



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GET TO KNOW ME!

Hello! My name is...

Nickname

Age

Address

Birthday

Zodiac Sign

My Hobbies are...

My Favourite ...

Colour:

Food:

Pet:

Song:

Movie:

Fun Facts About Me

My Motto in Life

HAPPY DAYS START HERE!

Life can be a wild ride, with ups and downs like a crazy carnival. Sometimes, it's easy to get stuck on the bad stuff, feeling grumpy or bummed. But guess what? You have a secret weapon – a positive mind!

This journal is your guide to building a positive mind, a way of thinking that focuses on the good and the possible. It's not about pretending everything is perfect, but about facing challenges with a can-do attitude.

Why a Positive Mind Matters:

A positive mind isn't just about feeling good. It helps you rock life in many ways, like:

- Feeling less stressed and worried Bouncing back from setbacks quicker Focusing better on what needs to be done Building stronger connections with others.

By training your brain to see the bright side, you'll be an all-star at handling life's curveballs. This journal is your positive partner, showing you how to unlock the power of a positive outlook!

What's Inside This Book:

This journal is filled with awesome activities to help you build your positive mind. You'll get to:

- Write about the good things that happen each day
- Turn negative thoughts into positive ones
- Think about the things you're thankful for
- Set goals and celebrate your achievements

It's an adventure of discovering positive thoughts, having fun, and growing stronger. So grab a pen, unleash your creativity, and get ready to shine your inner light!

This is your journey to positivity. Let's open this journal together and start filling it with sunshine! Remember, this journal is a journey, not a destination. So grab your pen, and let's get started on making this the happiest journal ever!

DAILY ENTRIES

Date: / /

M T W T F S S

Gratitude List (3 Things I am grateful for)







Positive Affirmations (I am...)







Visualisation Exercise (Draw or describe
your ideal day or desired outcome)

Inspired Actions (List actions you will
take today to bring you closer to
your goals.)

Evening Reflection: What went well today?

What could be improved?

MY HAPPINESS

Date: / /

Hey there, amazing human! Have you ever noticed how happiness seems to follow you around when you're feeling positive? It's true! A positive outlook is like a magic charm that attracts good vibes and makes the world seem brighter.

Today, we're going on a journey to unlock your inner positivity powerhouse!

Some things that made me happy and how often I do them



My Top Playlist Songs

Top three self-confidence quotes that resonate with me

2 things to be happy today

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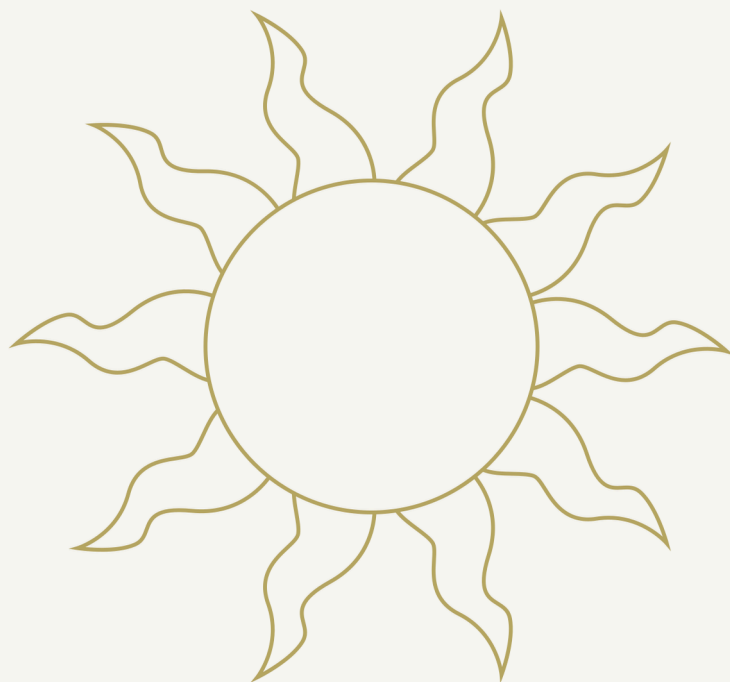
SUNSHINE HUNT

Date: / /

This Sunshine Hunt is your adventure to find those hidden pockets of joy. By actively seeking out these happy moments, you'll not only brighten your day, but also cultivate a more positive outlook on life.

Here's how:

1. Grab your sunshine seeker: Journal, paper, or even your phone!
2. Head outdoors: Explore your neighborhood, park, or anywhere inspiring.
3. Find 10 things that make you smile, like a blooming flower, a friendly smile, and anything that brings joy!
Write them down on the sun rays below and describe how they made you feel.
4. Bonus: Snap a picture of each happy moment to create a sunshine memory!

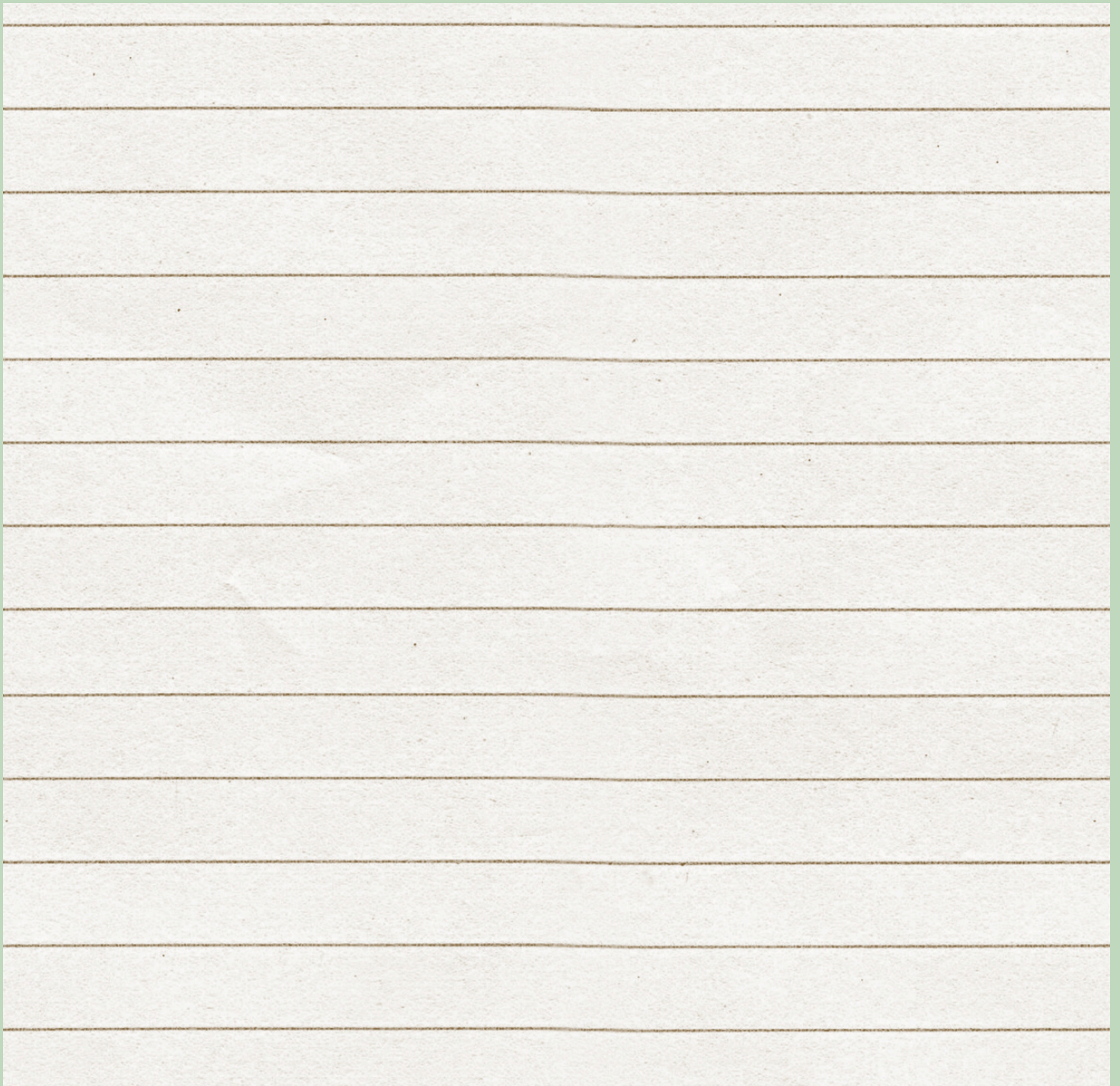


THANK YOU NOTE TIME

Date: / /

Sometimes, the simplest things can make a big difference. Today, let's share a spark of joy with someone who has brought light into your life. Who will you thank? Think of someone who has helped you, made you laugh, or simply made your day better. It could be a friend, family member, teacher, or even a stranger!

- To: Write the name of the person you're thanking. Subject: Write
- a short phrase that captures the message of your note From:
Write your name.



SIMPLE PLEASURES LIST

Date: / /

Life can get busy, but happiness is often hidden in the little things. Today, let's make a list of simple pleasures—those little everyday moments that bring a smile to your face. What are simple pleasures? They can be anything that brings you a little burst of joy, big or small!

Here are some ideas:

- A warm cup of your favourite
- drink The smell of fresh cookies
- baking A hug from someone you
- love Listening to your favourite
- music Spending time in nature

Write down simple pleasures you experienced today.

Pleasure 1:

Pleasure 2:

Pleasure 3:

Pleasure 4:

Pleasure 5:

Pleasure 6:

Pleasure 7:

Pleasure 8:

Pleasure 9:

Pleasure 10:

LEARNING FROM CHALLENGES

Date: / /

M T W T F S S

Life throws us curveballs sometimes, but even the strongest superheroes face challenges! The key is having a positive mindset, because even tough times can be opportunities to learn and grow stronger. Today, we're going to reflect on a past challenge and see how it helped you develop a super cool superpower: resilience!

Think about a challenge you faced:

It could be anything, big or small. Maybe you struggled in school, had a disagreement with a friend, or went through a tough time personally.

Briefly describe the situation you faced.

How you felt: Write down all the emotions you experienced during the challenge.

- | | | | | |
|--------------------------------------|--------------------------------|---------------------------------|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Embarrassed | <input type="checkbox"/> Sad | <input type="checkbox"/> Scared | <input type="checkbox"/> Confused | <input type="checkbox"/> Disappointed |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Angry | <input type="checkbox"/> Lonely | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Other: |

How I Overcame It: Write down the things you did to get through the challenge (e.g., talked to a friend, took a break, asked for help).

SHINING STRENGTHS

Date: / /

Life can be like a cloudy day sometimes, but guess what? You have the power to break through those clouds and shine bright! Here's the secret weapon: your amazing strengths.

Today, we're embarking on an exciting adventure to uncover your strengths—the things you're great at and that make you incredibly YOU. By focusing on these positive powers and rocking a positive attitude, you'll be unstoppable! Here are 3 categories of superpowers to help you discover yours.

Natural Talents:

These are like your built-in sunshine rays! They come easily to you and make you feel excited and energised.

Learned Skills:

These are superpowers you develop by practicing and getting better! They take effort, but the results are amazing.

Character Strengths:

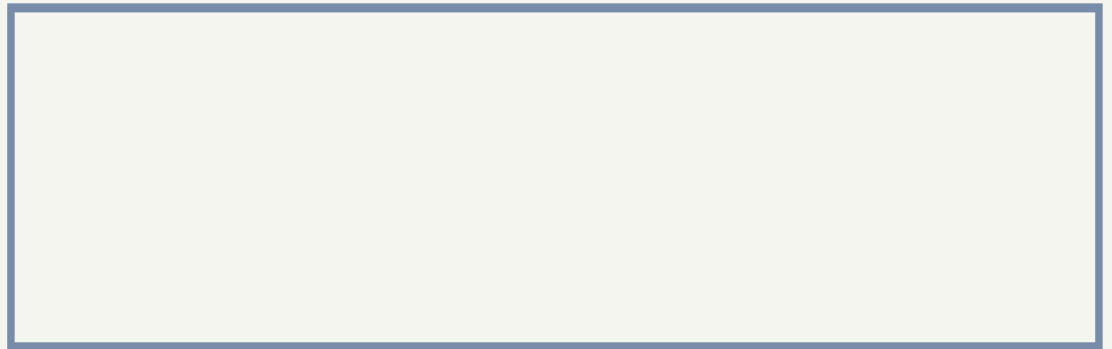
These are all about your awesome personality traits! They help you build positive relationships and navigate life's challenges.

THE POWER OF CONNECTION

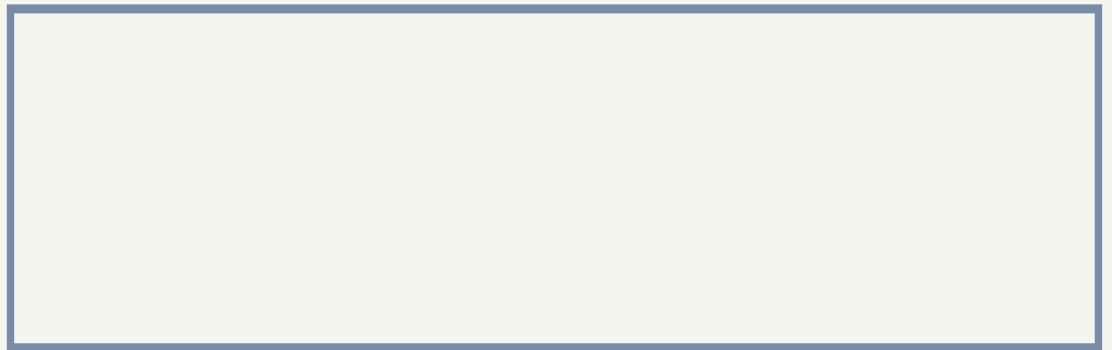
Life can be an amazing adventure, but sometimes we all need a little pick-me-up. Did you know that surrounding yourself with positive people can be a secret weapon for happiness? Just like sunshine helps flowers grow, strong social connections can boost your mood and keep your positive vibes flowing.

Reach out to a friend or loved one to schedule a social activity. Reflect on the experience afterward, noting how it made you feel and any positive effects on your mood and sense of connection.

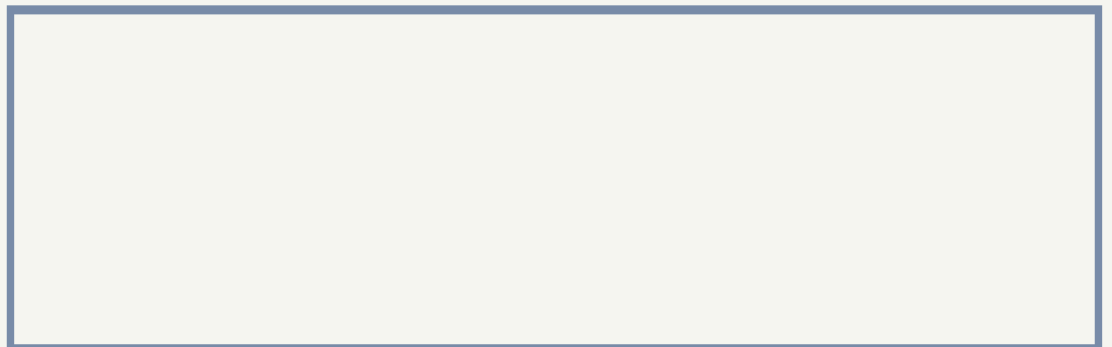
Friend/Loved
One
Contacted



Activity
Planned &
Schedule



How it made
me feel?



BLAST AWAY NEGATIVITY

Date: / /

M T W T F S S

Sometimes, our brains can be like little rainclouds, showering us with negative thoughts that try to dim our inner light. But you have the superpower to fight back and turn those frowns upside down! Here's your toolkit filled with Positivity Power-Ups to chase away negativity and let your inner sunshine shine brightly!

Negative Thought: "I can't do this. I'm going to mess up." Positivity Power-Up: "Everyone makes mistakes. I can learn from them and try again. Maybe I can even ask for help to do my best!"

Negative Thought

Positivity Power-Up

Negative Thought

Positivity Power-Up

Negative Thought

Positivity Power-Up

Negative Thought

Positivity Power-Up

ACTIVITIES TRACKER

In this tracker, you can fill in specific activities that allows you to track different types of energising activities and see which ones have the most positive impact on your well-being.

Date	Physical Activity	Date	Creative Pursuits
	Jogging		Drawing
			Writing

Date	Outdoor Time	Date	Social Interactions
	Hiking		Coffee with a friend
			Dinner with family

HAPPY HABITS TRACKER

Week no.: _____ Month: _____ Year: _____

This tracker is here to help you discover the activities that boost your mood and keep your inner sunshine glowing. Track your activities daily and see which ones have the biggest impact on your well-being! Reflect on how each activity made you feel in the "Notes" section.

Activity Type	Activity	Positive Impact (Rate 1-5)	Notes
Mindfulness (e.g., Meditation, deep breathing exercises)			
Creativity (e.g., Drawing, writing, playing an instrument)			
Movement (e.g., Exercise, dancing, yoga)			
Connection (e.g., Spending time with loved ones, volunteering)			
Gratitude (e.g., Writing a gratitude journal, listing things you're thankful for)			

I AM STATEMENTS

Date: / /

Affirmations are phrases that you repeat to yourself to change your subconscious thoughts. Over time, they replace any negative beliefs or thoughts with positive thoughts.

1.

2.

3.

4.

5.

6.

7.

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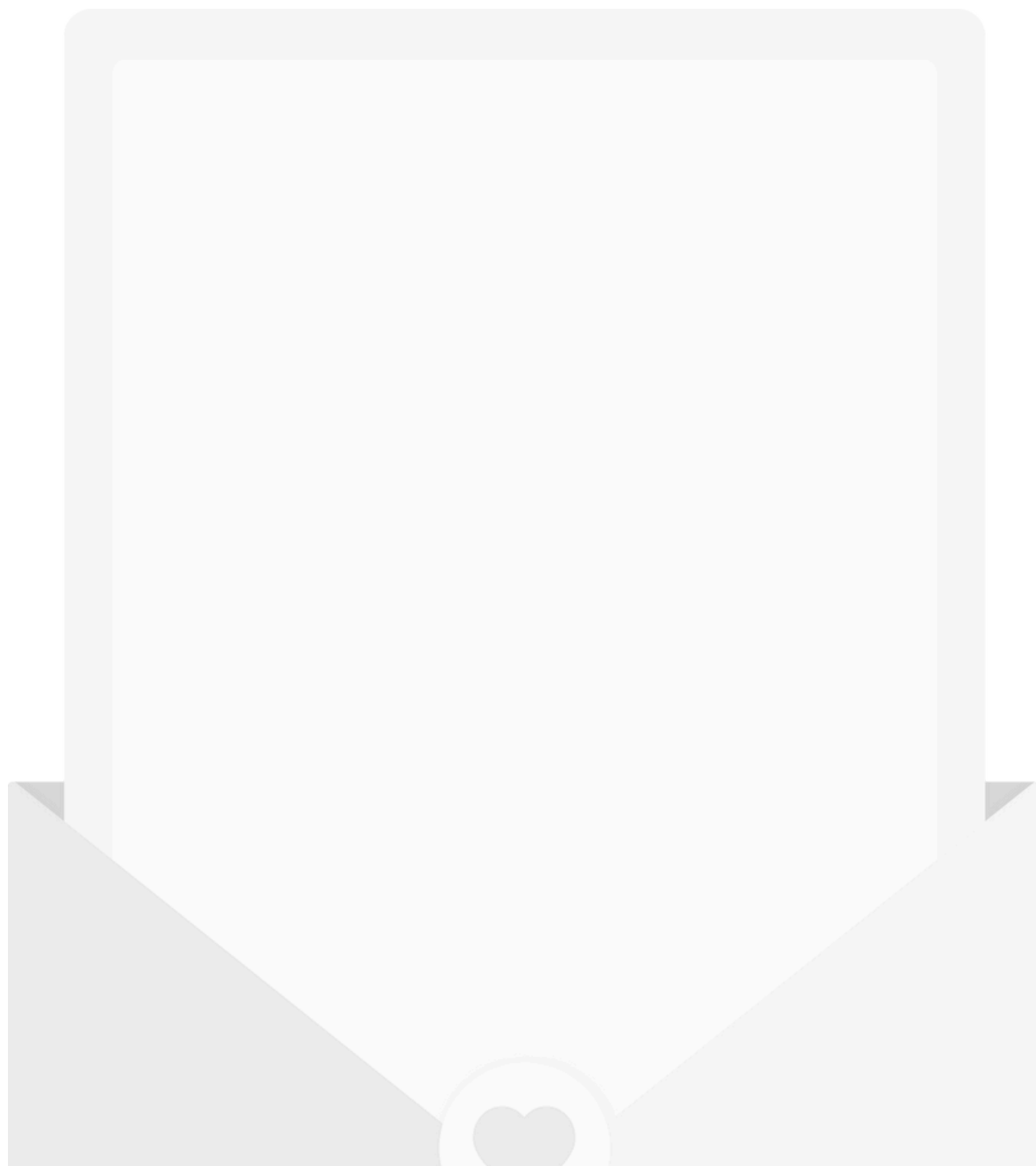
10.

LET GO AND SOAR

Date: / /

Forgiveness helps you release that negativity, like letting go of heavy rocks. Holding onto anger steals joy and makes positivity difficult.

Think about someone who has hurt you, someone you haven't yet forgiven. Write down his/her name. What emotions come up? Feel the Feels! Was it a misunderstanding? Slowly, begin to release the air from the balloon.



MOOD-BOOSTING ADVENTURE

Life can throw curveballs sometimes, leaving you feeling a little down. But guess what? You have the secret weapon to fight those blues and keep your positive mindset shining bright – a mood-boosting adventure!

By engaging in activities that lift your spirits and make you feel good, you're actually giving your positive mindset a boost! Here are some ideas:



Music Magic!

Blast your favorite upbeat tunes! Get your groove on and dance like nobody's watching. Sing along at the top of your lungs (even if you're not the best singer!). Feeling mellow? Create a relaxing playlist with calming music. Let the music wash over you and melt away your negativity.



Find Calm in the Green!

Take a walk in the park, a hike in the woods, or simply sit outside on your porch or balcony. Breathe in the fresh air and soak up the sunshine. Pay attention to the sights and sounds around you – the chirping of birds, the rustling of leaves, the warmth of the sun on your skin. Let nature's beauty calm your mind and uplift your spirit.



Creative Explosion

Grab some paper, paints, crayons, or whatever inspires you and let your creativity flow! Draw, paint, doodle, write a poem or short story – anything to express yourself freely. Don't worry about making a masterpiece – just have fun with the process and enjoy the feeling of creating something new.



Laughter is the Best Medicine!

Put on a funny movie or TV show, read a comic book, or call up a friend who always makes you laugh. Laughter is a powerful mood-booster and a great way to chase away negativity. Even a few minutes of laughter can lower your stress hormones and improve your mood.



Move It! Move It! Get Your Body Grooving!

Get your heart rate up with some exercise! Go for a run, put on some music and dance around your room, or try a yoga or fitness video online. Exercise releases endorphins, the body's natural feel-good chemicals. You'll feel more energized and have a brighter outlook after getting your body moving.

POSITIVE ENERGY PLAYLIST

Date: / /

M T W T F S S

Create your own uplifting playlist to boost your mood and fill your heart with positivity!

Follow these steps:

1. Think about songs that make you feel happy, motivated, and uplifted.
2. Choose 10 songs that never fail to put a smile on your face or make you want to dance.
3. List the songs and artists below.
4. Play your playlist whenever you need a mood boost. Dance, sing along, and let the positive energy flow through you!

MINDSET SHIFT

Date: / /

A mindset shift means changing how you think about yourself and your experiences. By spotting and changing negative beliefs, you can reduce overthinking and develop a more positive outlook.

1. Record your limiting beliefs & thoughts under inner critic. 2. Channel your inner coach by reframing each limiting statement. 3. Think about the words you would say to a loved one to instill courage. 4. Revisit your inner coach responses whenever you need support.

Example: I can't do this  I give myself permission to try

Inner Critic

Inner Coach

MINDFUL BREATHING EXERCISE

Date: / /MTWTFSS

Our minds can get overwhelmed with negativity, choking out positivity. Mindfulness is like a gentle gardener, helping you identify negative thoughts and focus on the good stuff. By calming your mind and appreciating the present moment, mindfulness helps you cultivate a more positive mindset.



Did you experience any feelings of peace or calmness during your mindful moment? If so, what sensations or thoughts contributed to that feeling?

FUNNY MEMORY

Date: / /

Date: / /

M T W T F S S

Challenges can drag down your happy mood but laughter is your secret weapon! By remembering funny moments, you see past experiences in a positive light. This helps you face challenges with a more optimistic outlook.

Laughter also relieves stress and boosts happiness, making you feel great! So take a trip down memory lane, relive a funny moment, and brighten your day with a smile!

Funny Memory 1

Funny Memory 2



Funny Memory 3

Funny Memory 4

WEEKLY WINS

Week no.: _____ Month: _____ Year: _____

Taking time to reflect on your week is a powerful way to acknowledge your progress, understand your challenges, and set clear intentions for the future. Use this page to capture the highlights, lessons, and goals that will guide your journey toward a positive mindset.

What were the most positive or memorable moments of this week?

- ✓ _____
- ✓ _____
- ✓ _____

What challenges did you encounter, and how did you deal with them?

- ✓ _____
- ✓ _____
- ✓ _____

What important lessons or insights did you gain this week?

- ✓ _____
- ✓ _____
- ✓ _____

How have you grown or changed this week?

SPREADING POSITIVITY

Date: / /

Spreading positivity means bringing good feelings to others and making their day a little brighter. It's about doing things that make people smile and feel appreciated. Think about how you can bring more positivity into the lives of those around you.

Understanding Positivity: What does spreading positivity mean to you?

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Acts of Kindness: List three simple acts of kindness you can do for others. How do you think these actions will affect them?

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Words of Encouragement: How can you use words to uplift and inspire others? Write examples of positive messages you could share.

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Being Present: How can you demonstrate your care by being fully present with someone? Describe a situation where your attention could make a difference.

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SPREADING POSITIVITY

Date: / /

Spreading positivity means bringing good feelings to others and making their day a little brighter. It's about doing things that make people smile and feel appreciated. Think about how you can bring more positivity into the lives of those around you.

Leading by Example: How can your actions and attitude inspire others? What positive behaviours can you show?

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Helping Your Community: How can you help your community? What positive changes can you be a part of?

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Spreading Positivity to Yourself: How can you also spread positivity to yourself? What self- care or positive self-talk can you practice?

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Reflect on Positive Impact: Think about a time when someone's positivity made you feel good. How did it affect you, and what can you learn from that experience?

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WEEKLY PLANNER

Week no.
Month:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

Ideas & Inspiration

Weekly Goals

To-do-List

Notes

Things I'm thankful for today

MONTHLY PLANNER

Month: / /

Small things I can do each day to develop positive habits, and promote mental clarity.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

FINAL REFLECTION

Date: / /

After spending time with this journal, what surprised you most about yourself and your ability to develop a positive mindset?

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Did you find it easier to face challenges with a more positive mindset? In what ways did your positive outlook help you overcome difficulties?

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JOURNALING NOTES

Date: / /



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