

POSITIVITY WORKSHEET

1. Spot the Story

Write down the negative stories or beliefs you often find yourself repeating. Remember, as Dr. Christine Li explains, these are not facts—just stories your mind has learned to repeat.

- Example: “I’m always late.”
- Example: “It’s too late for me to succeed.”

My personal stories:

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2. Find the FACT

Choose one negative story. Practice reframing it with a factual, neutral, or positive statement.

For example, instead of “I’ll probably fail anyway,” write: “I will be at the test.”

Negative story:

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Fact/Neutral statement:

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Positive statement:

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3. Coach Yourself

Write 2-3 encouraging, positive statements you'd say to a friend. Dr. Christine Li suggests using phrases like "You've got this" or "You've studied well."

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4. See the Possibility

List opportunities available to you—big or small—that you can take action on. Focus on possibility over problems.

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5. Action Step

Identify one small action you will take today to move forward positively.

Action:

6. Gratitude & Reflection

At the end of the day, note something positive that happened as a result of your effort or mindset.

Reflection: