

INCREASING POSITIVITY

Here are a list of
examples to trigger ideas:

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Have an inspiring conversation
with my daughter

Walk round my garden and look
at my plants

Play football with my son

Book a coffee with a friend

Get a take away and watch a
great film with my sister

Play with my cat

Phone Lucy

Tell each member of my family
why I appreciate them

Take my neighbour's dog for a
walk

Do a crossword

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Have a swim

Book a facial, massage, or
manicure

List the things I am grateful for

Buy a present for my spouse

Go to Zumba

Plan a break I would like to take
in the future

Do a simple breathing exercise

Read my current book

Write a letter / email to a friend I
haven't contacted for a while

Download some new music
and listen to it

ACTIVITY

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WHEN I WILL DO IT?

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WHO CAN HELP?

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A large, empty rounded rectangular box with a thin yellow border, intended for writing the details of the activity.A large, empty rounded rectangular box with a thin yellow border, intended for writing the timing of the activity.A large, empty rounded rectangular box with a thin yellow border, intended for writing the names of people who can help with the activity.