

A Positive Thoughts Diary

For one whole week, you are going to record a positive thought at the end of each day. Before you go to bed, think back and reflect on the day. There may have been things that weren't so great about the day but you can always find something that went well or that was good.

Only positive thoughts are allowed in this diary!

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).