

STRATEGY #2: POSITIVE EVENTS JOURNALING

(Download the form included)

This is a bit like the Gratitude Journal, though with a different twist. Instead of focusing on feelings of gratitude, before going to bed, journal for approximately 2-3 minutes about one positive experience that happened to you that day.

Again, it can be a relatively small event, but one that you found personally meaningful. Or, it can be something of more significance depending on what has transpired.

Keep this journal for 21-30 days. Research has shown that it and the gratitude exercise result in very positive and lasting effects on your mood as well as physical health, including insomnia. The results can last for months.

Be sure to review your journal(s) on a regular basis, and savor as much of the positive emotion as you can.

POSITIVE EVENTS JOURNAL: Pick one positive experience that occurred during the last 24 hours. Reflect and journal about it for two minutes.

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

POSITIVE EVENTS JOURNAL: Pick one positive experience that occurred during the last 24 hours. Reflect and journal about it for two minutes.

Day 8: _____

Day 9: _____

Day 10: _____

Day 11: _____

Day 12: _____

Day 13: _____

Day 14: _____

POSITIVE EVENTS JOURNAL: Pick one positive experience that occurred during the last 24 hours. Reflect and journal about it for two minutes.

Day 15: _____

Day 16: _____

Day 17: _____

Day 18: _____

Day 19: _____

Day 20: _____

Day 21: _____

