

Appreciating learning and success

Each day, regardless of whether you make any other entries in your journal, try to record at least one positive recollection about your day. Here are some starters to assist you.

Something positive that happened today was . . .

Something I learned today was . . .

Today I felt successful when . . .

Today I helped others be successful by . . .

The highlight of this week has been . . .

My greatest satisfaction recently was . . .

I feel proud that . . .

Recently I received a compliment about . . .

I would like to remember . . .

Something that is really working for me is . . .

I had a good laugh about . . .

I was touched by . . .

I had a moment of insight when . . .

I was struck by . . .

The penny dropped when . . .

I feel better because . . .

I wish . . .