



**MY  
POSITIVITY  
JOURNAL**

# DAILY JOURNAL

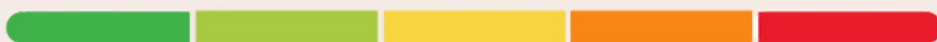
MORNING GRATITUDE


THOUGHTS OF THE DAY


EVENING GRATITUDE


HOW CAN I MAKE  
TOMMORROW BETTER


## MY MOOD



Excellent

Good

Average

Poor

Bad

# Challenging negative thoughts

What am I upset/worried about?

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How are my emotions effecting my behaviour?

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What Is a more positive/realistic way of viewing this situation?

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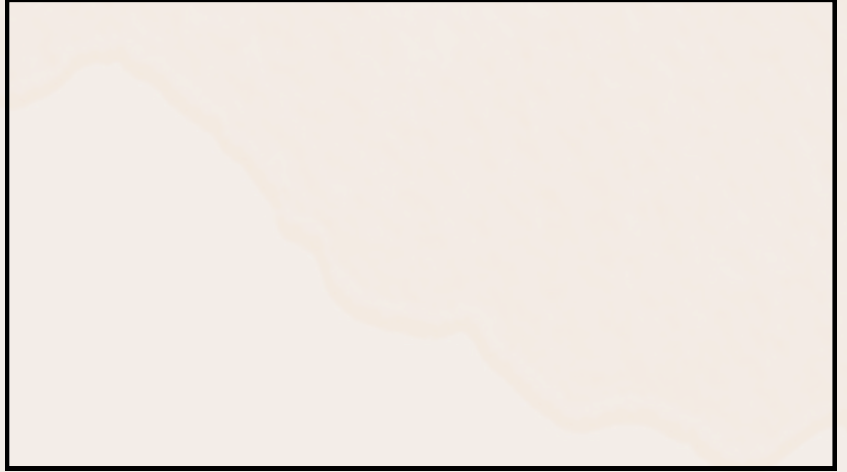
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# Daily self-care

Physical needs

An empty rectangular box with a black border, intended for writing about physical needs.

Emotional needs

An empty rectangular box with a black border, intended for writing about emotional needs.

Today I feel...

An empty rectangular box with a black border, intended for writing about how one feels today.

# I AM GRATEFUL

## Things that make me feel loved

1.

2.

3.

## Things I feel grateful for

1.

2.

3.

## What was the best thing that happened to me today?

1.

2.

3.

# Mental Health weekly check in

Date

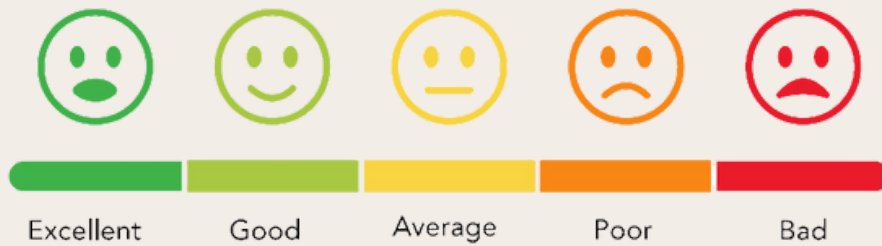
3 biggest emotions this week

- 1.
- 2.
- 3.

Triggers for those emotions

- 1.
- 2.
- 3.

How am i feeling



What Is contributing to this feeling

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3 things I am looking forward to

- 1.
- 2.
- 3.

3 positive things about the week

- 1.
- 2.
- 3.

# MY PERSONAL CRISIS PLAN

**I know I'm triggered when I notice:**

- 1.
- 2.
- 3.

**Some safe people I can reach out to are:**

- 1.
- 2.
- 3.

**Good ways to distract myself are:**

- 1.
- 2.
- 3.

**Ways to keep myself and my space safe:**

- 1.
- 2.
- 3.

# Positivity Hearts

Take a look at some of the positivity hearts below and colour in your top 5 quotes. Keep referring to your top 5 below whenever you need a pick me up. Talking positive to yourself helps you have a positive mind.

Storms dont  
last forever

I can ask for  
help when I  
need it

Being me is  
more than  
enough

I am  
Important

I am loved

I am strong

Today is a new  
day full off  
oportunities

Be kind to  
others and  
yourself

Life is tough  
but so are  
you

Today will be  
better than  
yesterday

Everything  
will be okay

Positivity  
always wins

Dream until  
your dreams  
come true

Never let  
anything dull  
your sparkle

It's never too  
late

Aim for the  
stars



# My confidence goals

What I want to achieve

By when

What I need to do

Challenges/obstacles

Result

Key takeaway



# To do list

Writing to do lists can often relieve a lot of stress on your brain being able to write down all the things you need to do. It can help you manage your day to day life easier.

Date

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**Priorities**

**Notes**

# Urgent Support for Your Mental Health

**If you feel like you might attempt suicide, or may have seriously harmed yourself, you need urgent medical help. Please:**

- call 999 for an ambulance;
- go straight to A&E, if you can;
- or call your local crisis team, if you have their number.

If you can't do this by yourself, contact someone to help you.

Mental health emergencies are serious. You're not wasting anyone's time.

**If you feel you do not need to call 999 or go to A&E right now:**

If you can keep yourself safe for a short while, but you still need urgent advice:

- contact NHS 111 if you live in England;
- contact your GP surgery and ask for an emergency appointment. Many GPs are now offering these remotely;
- contact a local urgent mental health helpline. These are only currently available in England.

If you want to talk to someone about how you are feeling but do not feel at risk of harming yourself:

**Don't suffer in silence, talk to someone who can help!**

- call Samaritans on 116 123 (UK-wide)
- text SHOUT to 85258 (UK-wide) to contact the Shout Crisis Text Line
- Greater Manchester Mental Health 24/7 Helpline: Freephone: 0800 953 0285
- the NHS also provide urgent mental health helplines.

These services are for anyone who's struggling.

They're free, they're anonymous, and they're always open.

Mind's page of helplines and listening lines has more numbers to try.