



Focus on the Positive

WORKSHEET

Complete the following when you are feeling depressed.

Name three good things that happened today.

- 1.
- 2.
- 3.

Name three good things about your home.

- 1.
- 2.
- 3.

Name three good things about your life.

- 1.
- 2.
- 3.

Name three good things about your work/school/
job hunt.

- 1.
- 2.
- 3.

Name three good things about your family.

- 1.
- 2.
- 3.