

“Positive events” journal

Once a day, for example in the evening before going to sleep, take a little time and write down any good things that happened to you, anything you did well and/or what you are grateful for. These can be seemingly small things, such as a compliment from a friend for making a delicious meal or that you managed to motivate yourself to ride your bike to university instead of getting a bus.

Objective of the exercise:

To slowly shift your focus away from things that have not been successful, and to you make you aware of things in your everyday life that have gone well. By writing things down, you'll make yourself more acutely aware of the good experiences and achievements, something that will positively influence your self-esteem in the long term.

Today ...

... the sun was shining and I went to university in a good mood.

... I met a friend on the way, whom I had not seen for a while, and I arranged to meet her for a coffee once a week, which I was very pleased about.

... I spoke up in a seminar when the lecturer asked a question.

... I got started on my paper and have already made good progress. This made me feel good.

... I was able to say “no” to my boss when he asked me if I could take another shift this week. I really don't have the time for more work right now.
