

focus on the good

DIRECTIONS: WRITE DOWN ONE GOOD THING THAT HAPPENED EACH DAY.

"WHEN WE FOCUS ON THE GOOD, THE GOOD GETS BETTER"

A series of 20 horizontal colored bars, each with a small colored dot on the left side, intended for writing down good things that happened each day. The colors of the bars and dots are: 1. light red, 2. light pink, 3. light purple, 4. light blue, 5. light teal, 6. light yellow, 7. light pink, 8. light orange, 9. light green, 10. light blue, 11. light teal, 12. light purple, 13. light pink, 14. light red, 15. light yellow, 16. light orange, 17. light blue, 18. light teal.