

Positivity, Gratitude and Purpose

Let's build it!

Positivity is something that is widely applicable to many situations.

Firstly, your thoughts influence what you believe. What you believe influences how you think. This is a fundamental of what CBT is all about. Changing our thoughts is a great way to influence how we feel and also what we do.

This tool is so powerful and speaks on its own. It requires some persistence.

When I personally came home from my residential treatment center, I was looking for solutions. I knew I wanted to achieve my goals, but my number one ask was that I felt happy. Over time, I learned that repeating to myself a positive phrase completely transformed my life. I would repeat "I have got this" over and over to myself. When I woke up, I would say it. In the shower, I would repeat it in my brain. I noticed that I was more likely to enjoy the things that I once loved. I now like to repeat, "This is going to be lots of fun." I find that this really helps me.

I am now going to prompt you:

What is the phrase you would like to start off with?

Make sure it is positive, that is the only thing in this case that is important. Also, feel free to change it as needed!

Now let's make a commitment together.

What are the places that you will repeat this phrase?

We can start small. It takes conscious effort to make a habit. I am going to be doing this with you. I will check back in with you and we can discuss how it went.

- 1) _____
- 2) _____
- 3) _____

Next, we are going to give it a try. Log how it is going throughout the week. I have 2 questions set up for you to reflect and improve.



Day 1:

How do you feel you did today?

What can you do to improve?

Now, **discuss** these two items with a family member and encourage them to try it as well. Teach them how to do it. We will ask them tomorrow how it went!

Day 2:

Reminder: You are doing great! You are destined to do great things. It's true.

How do you feel you did today?

What can you do to improve?



Now sit down with the same family member and ask them the two questions. Have them write it down and discuss your answers:

How do you feel you did today?

What can you do to improve?

Day 3:

Reminder: You are doing great! You are destined to do great things. It's true.

How do you feel you did today?



What can you do to improve?

Now sit down with the same family member and ask them the two questions. Have them write it down and discuss your answers:

How do you feel you did today?

What can you do to improve?

Day 4:

Reminder: You are doing great! You are destined to do great things. It's true.



How do you feel you did today?

What can you do to improve?

Now sit down with the same family member and ask them the two questions. Have them write it down and discuss your answers:

How do you feel you did today?

What can you do to improve?



Day 6:

Reminder: You are doing great! You are destined to do great things. It's true.

How do you feel you did today?

What can you do to improve?

Now sit down with the same family member and ask them the two questions. Have them write it down and discuss your answers:

How do you feel you did today?



What can you do to improve?



Positivity Building

Lets build on it!

This past week/couple of weeks you have really built on your positivity skills. You have begun to rewire your brain. Your thoughts are more likely to be positive and you are hopefully getting good at reframing your thoughts. Repeating your key phrase is important and can make a huge impact. It is important to now repeat more often and in more situations. It will take reminding yourself to do it. You may need to keep it in the back of your head for some time in order for it to become a habit.

When I first started saying this phrase to myself, I found that at times I forgot about it completely. I learned to quickly start it up again. I wanted this solution to work, I kept repeating it to myself relentlessly. I forgot for some time again, but then I would find myself feeling frustrated. This would be a key moment that would make me remember my goal and I would start saying it again. This will take time, I believe in you!

Would you like to update your phrase?

*Here is another reminder that you can always change your phrase as needed. Remember that the only requirement is that it is positive! If you want to change it, write it down here. If you are keeping it, then write **skip** below and move on to the next step.*

Now let's make a commitment together.

What are more places that you will repeat this phrase?

I am going to be doing this with you. This is your chance to come up with more places you can practice this habit.

4) _____

5) _____

6) _____

Day 1:

How do you feel you did today?



What can you do to improve?

Now, **discuss** these two items with a family member and encourage them to try it as well. Teach them how to do it. We will ask them tomorrow how it went!

Day 2:

Reminder: You are doing great! You are destined to do great things. It's true.

How do you feel you did today?

What can you do to improve?



Now sit down with the same family member and ask them the two questions. Have them write it down and discuss your answers:

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Day 3:

Reminder: You are doing great! You are destined to do great things. It's true.

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What can you do to improve?

Now sit down with the same family member and ask them the two questions. Have them write it down and discuss your answers:

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What can you do to improve?





Living Positivity

Let's integrate it!

As you know, positivity is something that is widely applicable to so many situations. This is a skill that has helped me so much and that I cherish. This past week/couple of weeks you have really built on your positivity skills. You have begun to rewire your brain. Your thoughts are more likely to be positive and hopefully you feel that way too.

For me, it was very important that the skills that I was using were able to translate to all parts of my life. I had realized that the people and habits I had also made an impact. I would make an effort to change my thoughts, feelings and behaviors. I was getting better, having motivation to do the things that were important for my goals. I noticed then that when I spoke negatively about my life with my friends, this would make it harder to repeat the positive thoughts in my head. It would take more effort. When I saw certain shows, the same thing would be more difficult. Then, I started slowly integrating into my life the things that aligned with my statement.

Here are some of the things I did:

- Cut out gluten, added sugar and fried foods from my diet
- Only electronic time I had was for homework and studying
- I spoke only positively with my friends

What are some activities in your life that are healthy?

These can be activities that make you feel good in the long run or that align with your statement. This can be as big or small as you like!

1) _____

2) _____

3) _____

What are some negative activities that you can stay away from?

1) _____

2) _____

3) _____

Now we are going to track how it is going throughout the week. You have got this!

Day 1:



How do you feel you did today with staying away from the negative activities you listed?
How do you feel you did with repeating the positive thoughts?

What can you do to improve? What negative activities can you do less of and what are some successes? What can you do to continue telling yourself positive thoughts?

Now, **discuss** these two items with a family member and encourage them to try it as well. Teach them how to do it. We will ask them tomorrow how it went!

Day 2:

Reminder: You are doing great! You are destined to do great things. It's true.

How do you feel you did today with staying away from the negative activities you listed?
How do you feel you did with repeating the positive thoughts?



What can you do to improve? What negative activities can you do less of and what are some successes? What can you do to continue telling yourself positive thoughts?

Now sit down with the same family member and ask them the two questions. Have them write it down and discuss your answers:

**How do you feel you did today with staying away from the negative activities you listed?
How do you feel you did with repeating the positive thoughts?**

What can you do to improve? What negative activities can you do less of and what are some successes? What can you do to continue telling yourself positive thoughts?

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Spreading Purpose

Let's pass it on to others!

You have now been living positivity day in and day out. Great job for that! Hopefully you are able to see the changes that I saw during my journey through this. Remember that you are not the only one, I am doing this with you! There may have been some changes in your daily life, maybe you feel happy when you do this or feel more purpose. One thing that I found was super helpful was finding a purpose and then executing the change I wanted to see in the world.

What is one way you would like to spread your skills/message into the world?

Brainstorm how you are going to execute this:

Let's create a plan for execution:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

