

**The Well-Being Journal** *A Positive Psychology Practice*

Salvador Soares da Cunha Correia

March 31 – June 22, 2025

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# Foundation of Self

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## Character Strengths Profile

### 1-5

|  | 1. Love |
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# Strengths Development

## 1st Top Strength: Perspective

Personal Placement: 3rd

### Improvement Methods:

#### 1st Method: Dialectic and Reflective Thinking

Method description: Practice dialectic and reflective thinking skills about various problems or topics. Dialectic thinking involves considering all sides of an issue and becoming more aware of how thinking is influenced by personal values, opinions and assumptions.

1. Read the writings of important thinkers and philosophers throughout history. Read books, watch plays and movies, and listen to songs that address the complexities of human life.
2. Find purpose in the last five of your significant actions/decisions. Recall what motivated you to make the decisions you made.
3. Offer advice, but only when you are asked for it and only after listening empathically to the seeker. Ask for advice from that person in return in the near future.

#### Personal Method Review:

1. Not put into practice yet.
2. Not put into practice yet.
3. Not put into practice yet.
4. Not put into practice yet.

## 

## 2nd Top Strength: Appreciation of Beauty and Excellence

Personal Placement: 9th

### Improvement Methods:

#### Method Description:

1. Notice at least one instance of natural beauty around you every day (sunrise, sunset, clouds, sunshine, snowfall, rainbows, trees, moving leaves, birds chirping, flowers, fruits, etc.) Bring back the mental picture when your surroundings feel unpleasant.
2. Note weekly how the goodness of other people affects your life. Appreciate the beauty of positive human behavior.
3. Try using savouring techniques for past, present and future experiences to draw maximum pleasure from them.
4. Notice how others appreciate beauty and excellence through specific words, expressions, gestures and actions. See if they are noticing things you aren’t aware of.
5. Notice and admire excellence of someone’s character strengths. Appreciate them as a person with unique aspects.

#### Personal Method Review:

1. Not put into practice yet.
2. Not put into practice yet.
3. Not put into practice yet.
4. Not put into practice yet.

## Bottom Strength: Self-Regulation

Personal Placement: 23rd

### Improvement Methods:

#### Method Description:

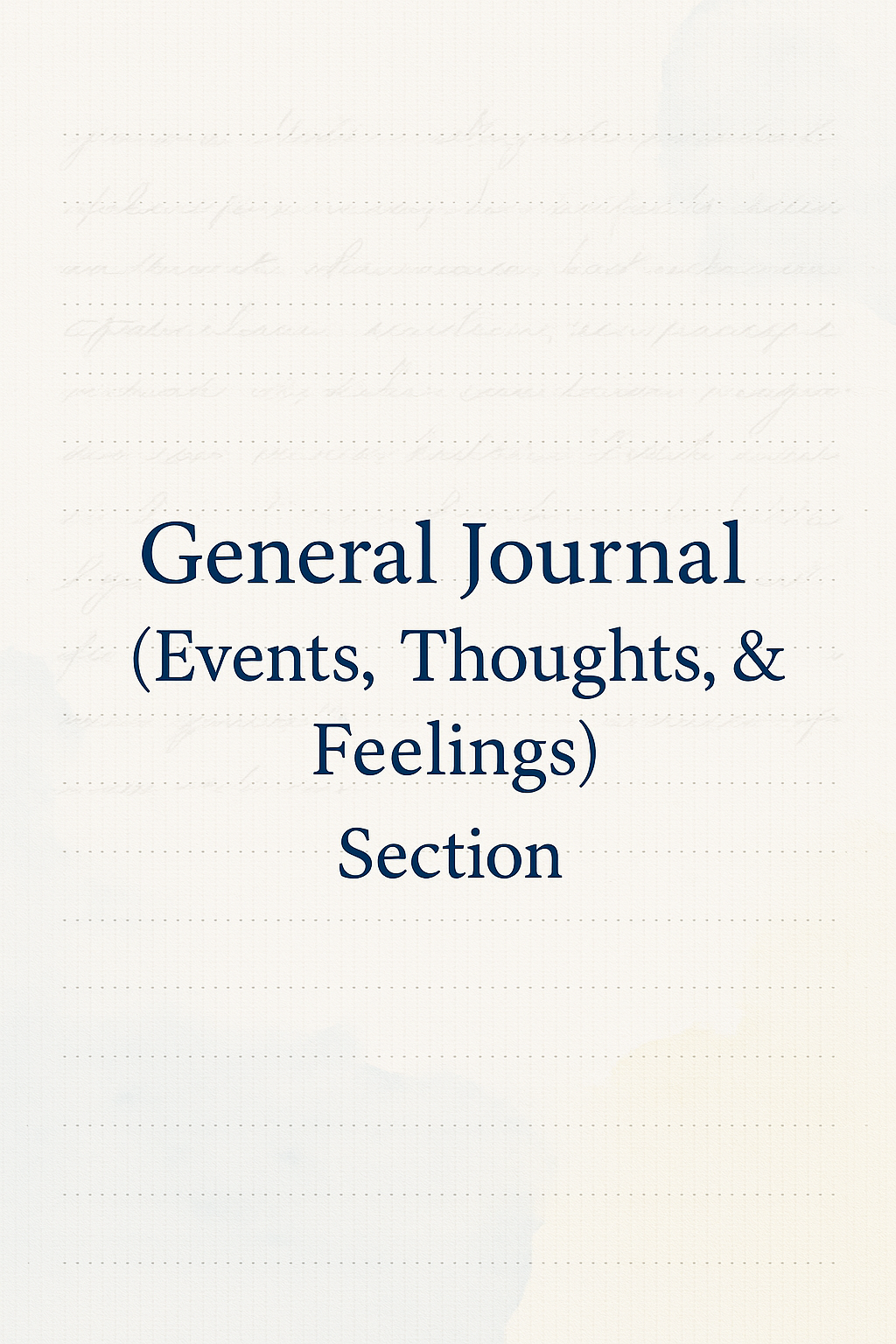
1. Monitor and eliminate distractions such as phone, TV, and internet while focusing on a particular assignment. Allow yourself short breaks to avoid burnout.
2. Next time you get upset, try to control your emotions and focus on positive attributes of the situation. Become aware of the degree to which you can control your feelings and reactions.
3. Carefully create routines you can follow through systematically. Make minor adjustments as needed but keep the core elements intact.
4. Pay close attention to your biological clock. Do your most important tasks when you are most alert.

#### Personal Method Review:

1. Not put into practice yet.
2. Not put into practice yet.
3. Not put into practice yet.
4. Not put into practice yet.

| Weeks | Days | Strength to Improve | Most Focused Method |
| --- | --- | --- | --- |
| 1 | 31st of March - 6th of April | Improvement Method 1 | Improvement Method 1 |
| 2 | 7th of April - 13th of April |  |  |
| 3 | 14th of April - 20th of April |  |  |
| 4 | 21st of April - 27th of April | Improvement Method 2 | Improvement Method 2 |
| 5 | 28th of April - 4th of May |  |  |
| 6 | 5th of May - 11th of May |  |  |
| 7 | 12th of May - 18th of May | Improvement Method 3 | Improvement Method 3 |
| 8 | 19th of May - 25th of May |  |  |
| 9 | 26th of May - 1st of June |  |  |
| 10 | 2nd of June - 8th of June | Improvement Method 4 | Improvement Method 4 |
| 11 | 9th of June - 15th of June |  |  |
| 12 | 16th of June - 22nd of June |  |  |

# General Journal Section

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## Week 1

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**

## Week 2

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**

## Week 3

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**

## Week 4

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**

## Week 5

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**

## Week 6

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**

## Week 7

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**

## Week 8

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**

## Week 9

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**

## Week 10

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**

## Week 11

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**

## Week 12

31st of March - 6th of April

**Monday, 31st of March:**

**Tuesday, 1st of April:**

**Wednesday, 2nd of April:**

**Thursday, 3rd of April:**

**Friday, 4th of April:**

**Saturday, 5th of April:**

**Sunday, 6th of April:**