

Positive Psychology Worksheet

PROFILE SECTION

Name: _____ Age: _____

Occupation: _____

One thing that brings you joy:

A challenge you're currently facing:

GRATITUDE EXERCISES

Daily Gratitude List: Write down three things you are grateful for today.

A.

B.

C.

STRENGTHS AND VALUES

Identify Your Strengths: List five personal strengths that you believe you possess. These could be anything from 'resilience' to 'empathy' to 'being a good listener'.

A.

B.

C.

D.

E.

Identify Your Values: List the five most important values to you in life.

A.

B.

C.

D.

E.

POSITIVE AFFIRMATIONS

Affirmations: Write down five positive affirmations that resonate with you. These could be phrases like "I am capable of achieving my goals" or "I deserve love and respect."

A.

B.

C.

D.

E.

GOAL SETTING

Goal Setting: List three SMART goals you would like to achieve in the next six months.

A.

B.

C.

POSITIVE EXPERIENCES JOURNAL

Positive Experiences: Write about one positive experience you had this week. Describe what happened, who was there, and how it made you feel.