

My Positivity Power-Ups

Create a list of 10 activities that typically make you feel more positive! For each activity, write down:

Action: What are you doing? (e.g., hiking, painting, reading, volunteering)

With Whom: Do you do it solo, with a pet, or with others? (e.g., friends, someone new, family)

Positive Emotions: How does this activity make you feel? (e.g., energized, content, appreciated, excited)

MY LIST

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	