

I CAN TRAIN MY BRAIN to Stay Positive

Big Life Journal

I can
practice
GRATITUDE

1

I can use
daily
AFFIRMATIONS

2

I can notice
3 daily
POSITIVES

3

I can do
something
I LOVE

4



I can have a
**COMPLAINT-
FREE DAY**

5

I can
CHEER
up
someone

6

I can
be
MINDFUL

7

I can
HELP
someone

8