

DATE OR WEEK COMMENCING

.....

DOMAIN 1 PLEASURE

Things that I enjoyed

.....

.....

.....



.....

.....

DOMAIN 2 POSITIVE STROKES

Praise that I received

.....

.....

.....

.....

.....

.....



.....

DOMAIN 3 LUCKY ME

Good fortune that I experienced

.....

.....

.....



.....

DOMAIN 4 ACHIEVEMENTS

Things that made me think 'well done me!'

.....

.....

.....

.....

.....

.....

.....



DOMAIN 5 GRATITUDE

Blessings that I am grateful for



.....

.....

.....

.....

.....

.....

.....

DOMAIN 6 RANDOM ACTS OF KINDNESS

Moments of kindness that I have performed

.....

.....

.....

.....

.....

.....

.....



NOTES

.....

.....