

# Positivity & Habit Tracking Worksheet

This worksheet is a space to practice positivity with intention. Each week, you'll actively notice the good, practice gratitude, and reflect on your progress. Alongside these reflections, the habit tracker helps you stay consistent with your daily breathing/mindfulness and affirmation practices.

## Notice the Good

Write down good things that happen throughout the week- big or small moments that make you smile, feel proud, or grateful.

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## Practice Gratitude

Take time to write about what or who you're thankful for this week and why those things/people matter to you.

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## Reflect on Your Progress

Think about how you've grown or what you've learned recently, and write about any steps forward you've noticed.

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## Habit Tracker

Habit	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breath/mindfulness practice							
Affirmation							