

Name: \_\_\_\_\_

Per: \_\_\_\_\_

## Protective Factors Positive Thinking at Night

Every night for the next 4 nights, just before you go to bed, fill out this sheet. The goal of this assignment is to get in the habit of ending each day thinking positive thoughts about yourself and your day and to practice some protective factors in your life!

	<u>Day 1:</u>	<u>Day 2:</u>	<u>Day 3:</u>	<u>Day 4:</u>
	Date:	Date:	Date:	Date:
1. Name one situation where you showed empathy today. (If you didn't show empathy, be sure to do it tomorrow...)				
2. List one thing you did for a relaxing time out today to relieve stress (If you didn't do one, do it now!)				
3. Did you manage your anger today? Yes or No				
4. Write one thing that happened today to make you laugh.				
5. Write one example of how you respected authority today.				
6. Write one thing that you did today that shows you care about your education				
7. List one positive thought you had about yourself today. (If you didn't think one, do it now!)				