



A Better Way
Counselling Service
A New Beginning



Look for the Good

Helping your brain notice positives, achievements, and what is going right.



1. What do I get to do today?

Write or draw some things you get to do, enjoy, or appreciate.



2. What is going right?

Notice the good things happening here and now.



3. What have I achieved?

Big or small wins all count!





4. Ground yourself in the present

Here and now, I can notice...

I can see...



I can hear...



I can feel...



Right now, what tells me I am safe?
If I am not safe, who can help me?



The more we look for positives, gratitude, and progress, the more our brain starts to notice them. ❤️

Choosing what you focus on takes practise.



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