

Look for the Good

A Better Way Counselling Service
A New Beginning

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. 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 practise noticing good things, things we're thankful for and how far we've come, the easier it becomes for our brain to spot them!

SCAN ME

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Choosing what you focus on takes practise.