



Reconnecting to Sources Positive Emotion: WORKSHEET 6C

_____ Situation _____ Initials _____ Date

● RE-CONNECTING TO THE GOOD THINGS

Recall (write) and reconnect to your past **accomplishments and successes...**

● Recall (write) and reconnect to **the good things** presently in your life, not matter how small.
Not just gratitude, but the things you appreciate in people, things and situations.