

Practice and Reflection Log: Cultivating Positivity

Practice	Reflect	Observations & Questions
<p>To practice cultivating positivity, we invite you to...</p> <ul style="list-style-type: none"> Pausing to savor the moment for 20-40 seconds. Identifying what you're grateful for and sharing your gratitude. Finding opportunities to be generous, like smiling at someone. Practice Kind Thoughts when passing people while walking or in your car. 	<p>Consider the following moments to reflect:</p> <ul style="list-style-type: none"> Notice your balance between taking in the good and focusing on the negative. Reflect on how you feel when you intentionally take in and share the good. Reflect on the impact cultivating positivity has on your well-being and your ripple effect. 	<p>The following may spark ideas for what to note:</p> <ul style="list-style-type: none"> What did you notice? <i>Include thoughts, feelings, bodily sensations, or urges.</i> What insights did you glean? <i>Were there any "aha!" moments? What personal patterns did you notice?</i> What did you find enjoyable? What did you find challenging? When else might you use this? <i>If you found a particular practice useful, how could you be intentional about utilizing it?</i> What questions came up for you?

Concepts: Negativity bias • Ripple effect • Savoring the good • Gratitude • Generosity • Kind thoughts • Inner richness

Day/Date	Practice/Reflect	Observations & Questions	Minutes
Example: Monday 9/17	The breath as an anchor	My thoughts pulled my attention away a lot as I was practicing. Felt breath in my nose and throat. Helped to say breathing in and breathing out. For a few of the last breaths it was soothing. Might be good before bedtime. How do you observe without controlling the breath?	3-4
Example: Monday 9/17	Noticed "doing" mode	When working, thought of all the tabs I had open. Had been in "doing" mode all morning and hadn't been in "being" mode at all. Zoomed in and noticed feeling of my fingers typing. Listened to some of the noises around me. Shift in perspective, not so tense afterward.	2

