



# Something New, Something Nice, Something Natural

As you practice taking in the positive information around you,  
record your observations below.

## **SOMETHING NEW**

Find something in your environment that you haven't noticed before or given much attention. Take a few seconds and really focus on it.

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## **SOMETHING NICE**

Remember one nice thing that someone said about you or that happened to you today. Hold on to this memory for 20 to 30 seconds.

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## **SOMETHING NATURAL**

Take a moment to observe something in nature, such as the clouds, a tree, or the birds or other animals that live around your house.

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