Positive qualities log

Each day, three things you did and what they show about you.

Name _____ Date _____

Each day, write down three things you did, however small, and what each says about you. "Rang my mother" shows caring. "Went to work when I did not feel like it" shows perseverance. The aim is to notice what you would normally brush aside.

Day	What I did	What it shows about me
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

What was it like to do this?

How much do I believe my old bottom line at the end of the week?

0 — 10 — 20 — 30 — 40 — 50 — 60 — 70 — 80 — 90 — 100

Not at all — Completely

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.