

## *Practicing a Positive Perspective*

**Directions:** Fill in the graphic organizer below.

First, list ten items that seem like obstacles to your happiness.
<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li><li>6.</li><li>7.</li><li>8.</li><li>9.</li><li>10.</li></ol>

Second, pick three of those obstacles and try to think about how you could have a positive perspective about them. Then, write a sentence explaining how they could be positive.
<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>