

# Planning your Positive

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## From The Positive Planner



### Mirror, mirror

#### REFLECTING ON WHO YOU ARE

Look in the mirror through the eyes of someone who loves you unconditionally. Write down what they see. Be kind. Be positive. Dig deep, and be honest with yourself about the complex, interesting and amazing person you are, inside and out! Keep adding to this and, most importantly, carry these encouraging words with you wherever you go.

If you are feeling very brave, you could ask a trusted friend or family member what they would write about you in this space. Sometimes seeing the good in yourself can be difficult, but others will have lots to say about you!



MIRROR MIRROR

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Let it go



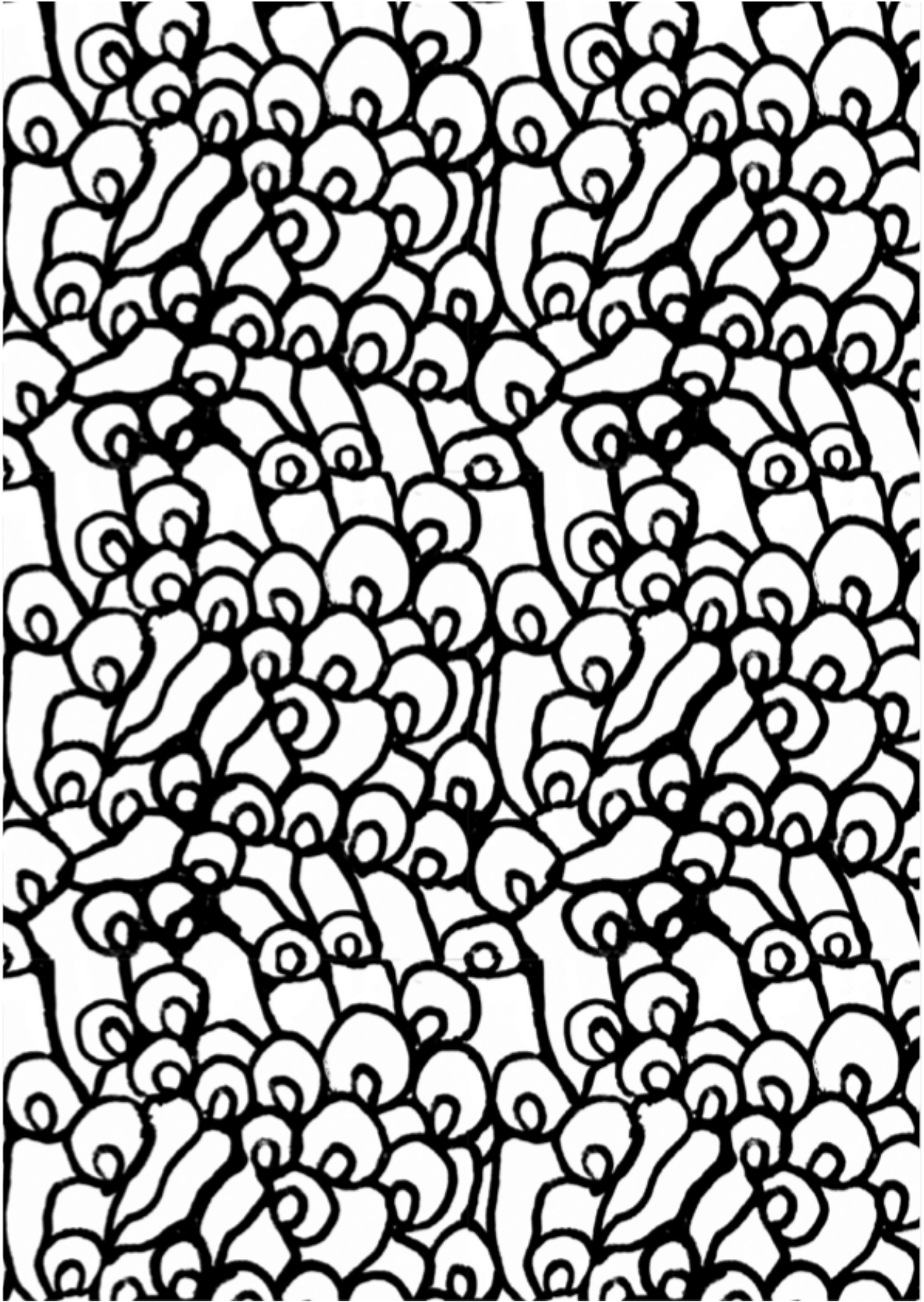
#### LETTING GO SESSION

Visualise your worries, fears, troubles and anxious niggles as balloons. Using a pencil, write them down one by one around this balloon.

Stand by a window, looking out, and visualise each balloon floating away into the distance, getting smaller and smaller until finally it disappears.

As you release each worry, rub it out and replace it with a positive and encouraging thought.

You can practice this visualisation when you are on the go and in moments of stress. The visualisation alone will be a powerful grounding tool.



Colouring in is such a mindful thing to do, notice where your mind wanders to as you concentrate on filling this pattern in.  
This illustration is taken from The Positive Planner.

# Free Writing

Try setting a timer for 5 minutes...

Take your pen and write continuously without stopping about everything that is on your mind at the moment. Don't worry about how neat your handwriting is, correct spelling or your grammar. This is all about doing a written 'brain dump' and see your thoughts on the page. It can be an amazing way to let go of anxious thoughts or deal with stressful situations!

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