MY SCORE CARD

Practicing Positive Attention

|  |  |  |
| --- | --- | --- |
| **Date**  **(March)** | **Today, I paused and looked for/ paid attention to something good around me**  (✔) | **I noticed and appreciated ….**  **( briefly jot the good that you noticed)** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |
| **6** |  |  |
| **7** |  |  |
| **8** |  |  |
| **9** |  |  |
| **10** |  |  |
| **11** |  |  |
| **12** |  |  |
| **13** |  |  |
| **14** |  |  |
| **15** |  |  |
| **16** |  |  |
| **17** |  |  |
| **18** |  |  |
| **19** |  |  |
| **20** |  |  |
| **21** |  |  |
| **22** |  |  |
| **23** |  |  |
| **24** |  |  |
| **25** |  |  |
| **26** |  |  |
| **27** |  |  |
| **28** |  |  |
| **29** |  |  |
| **30** |  |  |
| **My Totals!!!** |  |  |
| **My Goals for the next month** |  |  |