

Positive Evidence

Inviting in and noticing positive evidence that happens during our day, helps balance our brain between negative thoughts, experiences, and intense feelings. It is not to suppress our challenges but to **accept that both** challenges and joys can occur in one day.

Positive Evidence List

This daily bullet list can include gratitude, noticing something that makes us smile, an accomplishment for ourselves such as brushing our teeth or arriving on time, a kind memory, a surprise compliment, and more. Below are some ideas.

Gratitude	Compliments	Conversations
Accomplishments	Moments of smile	Goals
Memories	Learning something new	Calm moments
Insights	Beauty (nature, art, decor)	Community

There are lots of ways to manage a daily positive evidence bullet list. One method I love is to purchase or make a tiny notebook and keep it open on my desk, so that I see it daily. You can also do this coping skill as a photo or art journal. Below are some things that brought a smile to my face each day.

