Silver Linings

positive psychology exercise

In difficult situations, it's possible to focus on the negative, or look for the positive. Research shows that finding the *silver linings* of challenging situations can help you become happier and more optimistic. The more you practice finding silver linings, the better you'll get.

Instructions: Complete this exercise every day for three weeks, then practice regularly for continued benefits.

Step 1: Positive Mindset

List five things that make your life enjoyable. These can be as general as "my health" or as specific as "the feeling of sunshine on my skin." This will help you get into a positive mindset.

Step 2: A Moment of Frustration

Briefly describe the most recent time something didn't go your way, or you felt upset or frustrated.

Step 3: Silver Linings

Spend some time reflecting on the silver linings from the situation in Step 2. Describe three of the silver linings.

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