



1/2 Empty to 1/2 Full Exercise



Part 1: List 4 things about your life that are working well and cause for you to feel good about your life. Write full sentence to describe each.

1.

2.

3.

4.

Part 2: Describe an event from the last week that didn't go the way you wanted it to, causing disappointment and frustration and an attitude of the *glass half empty*.

Part 3: List three things that can help you see the brighter side of this situation.

1.

2.

3.