



Firefly Counseling NC
Community, Creativity, Education, Empowerment

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 the same day.

Positive Evicence 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.
Some PE Ideas for your list:	Accomplishments, Beauty (nature, art, decor), Calm moments, Community, Compliments, Conversations, Goals, Gratitude, Great song, Insights, Learning something new Memories, Moments you smile,
	<p>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.</p> <p>You can also do this coping skill as a photo or art journal.</p> <p>Below are some things that have brought a smile to my face each day.</p>

