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Positive Psychology Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Savoring Interventions

Savoring interventions focus on enhancing the experience of positive events by fully engaging in the present moment.

Mindful Eating

Objective: To help individuals develop a mindful eating practice, enhancing their awareness of eating habits, promoting healthier food choices, and fostering a more positive relationship with food.

Mindful eating is the practice of paying full attention to the experience of eating and drinking, both inside and outside the body. It involves noticing the colors, smells, textures, flavors, and sensations of food, as well as our thoughts and feelings about food without judgment.

1. Create a Mindful Eating Environment: Describe how you will create a calm and focused eating environment. Consider factors like setting, distractions, and atmosphere.

Example: "I will eat at the dining table, free from distractions like TV, phones, or computers. I will set the table with a placemat, napkin, and proper utensils. I will play soft, calming music in the background."

2. Mindful Eating Exercise: Choose a small piece of food, such as a raisin, and go through the following steps. Write down your observations at each stage.

Example:

- *Look: "The raisin is small, wrinkled, and has a dark brown color."*
- *Smell: "The raisin has a sweet, slightly tangy aroma."*
- *Touch: "The raisin feels soft and slightly sticky between my fingers."*

- *Taste: "As I place the raisin on my tongue, I notice a burst of sweetness. As I chew slowly, the flavor becomes more intense, and I can detect hints of tartness."*
- *Listen: "There is a slight sound as I bite into the raisin, but it is mostly quiet."*

Meal chosen: _____

Look: _____

Smell: _____

Touch: _____

Taste: _____

Listen: _____

3. Daily Mindful Eating Log: Each day, choose one meal to eat mindfully. Write down your observations and experiences using the steps from the mindful eating exercise.

Date	Meal	Observations

5. Weekly Reflection: At the end of each week, review your daily mindful eating log entries. Reflect on how practicing mindful eating has affected your relationship with food and your overall well-being.

Example: "Practicing mindful eating this week has helped me slow down and appreciate my meals more. I feel more satisfied and less likely to overeat."

6. Identify and Address Challenges: Reflect on any challenges you faced while practicing mindful eating. Write down these challenges and brainstorm possible solutions.

Challenge	Solution
<i>e.g., I often feel rushed during meals</i>	<i>I will set aside specific times for meals and avoid scheduling other activities during these times.</i>

7. Set Mindful Eating Goals: Set specific, achievable goals to continue improving your mindful eating practice. Write down these goals and the steps you will take to achieve them.

Goal	Steps to Achieve Goal
<i>e.g., Improve awareness of hunger and fullness cues.</i>	1. <i>Check in with my body before meals to assess hunger levels.</i> 2. <i>Pause halfway through meals to evaluate fullness.</i> 3. <i>Stop eating when I feel comfortably full.</i>

Nature Walks

Objective: To help individuals connect with nature, enhance their well-being, and foster positive emotions.

Benefits of Nature Walks:

- Improved mood and reduced stress
- Increased physical activity and fitness
- Enhanced mindfulness and presence
- Greater appreciation for nature
- Improved mental clarity and creativity

1. Planning Your Nature Walks: Research and list local parks, trails, and natural areas where you can go for nature walks. Write down their locations and any notable features.

Location	Features
<i>e.g., Park</i>	<i>"Large pond, walking trails, picnic areas, and bird watching."</i>

2. Schedule Regular Nature Walks: Plan and schedule regular nature walks in your calendar. Aim for at least one nature walk per week and be specific about the day and time.

3. Mindful Walking Exercise: During your nature walks, practice mindfulness by focusing on your senses and being present in the moment.

- Choose a quiet, safe location.
- Begin at a slower pace than usual.
- Focus on your breath, synchronizing it with your steps.
- Engage your sense:
 - Sight: Observe your surroundings. Notice colors, shapes, and movement.
 - Sound: Listen to the sounds around you. Hear birds, wind, and your footsteps.
 - Smell: Pay attention to different scents in the air.
 - Touch: Feel the ground beneath your feet and the air on your skin.
- Notice the movement of your legs and feet.
- Pay attention to your posture. Keep your back straight and shoulders relaxed.
- Feel the rhythm of your walking and how your body moves with each step.
- Inhale for a set number of steps, hold, and then exhale for the same number of steps.
 - Mentally scan your body from head to toe, noticing any tension and consciously relaxing those areas.
- If your mind wanders, gently bring your focus back to the act of walking and your surroundings.

- Use your breath as an anchor to return to the present moment.
- After your walk, take a few moments to reflect on how you feel.
- Notice any changes in your mood, stress levels, or physical sensations.
- Express gratitude for the experience and the time spent in mindfulness.

4. Nature Walk Journal: After each nature walk, write a journal entry reflecting on your experience. Include details about what you saw, heard, smelled, touched, and tasted, as well as how you felt during and after the walk.

Date	Location	Experience
<i>e.g., May 21</i>	<i>Park</i>	<i>"Today's walk was refreshing. I noticed the vibrant colors of the flowers and the fresh scent of pine needles and I felt the cool breeze on my skin."</i>

5. Nature Appreciation Activities: Choose additional activities to enhance your connection with nature during your walks. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Bird Watching:** Observe and identify different bird species in your area.
- ☐ **Nature Photography:** Capture the beauty of nature with your camera.
- ☐ **Picnicking:** Have a meal outdoors in a scenic spot.
- ☐ **Plant Identification:** Learn to identify various plants, trees, and flowers.
- ☐ **Rock Collecting:** Find and collect interesting rocks and minerals.
- ☐ **Gardening:** Plant and tend to a garden, whether vegetables, flowers, or herbs.
- ☐ **Shell Collecting:** Search for and collect seashells on the beach.
- ☐ **Nature Sketching:** Draw or paint scenes from nature.
- ☐ **Camping:** Spend a night or more in the wilderness.
- ☐ **Cloud Watching:** Lie on your back and watch the clouds, identifying shapes and patterns.
- ☐ **Fishing:** Spend time fishing in a river, lake, or ocean.
- ☐ **Sunset/Sunrise Watching:** Watch and appreciate the beauty of a sunrise or sunset.
- ☐ **Outdoor Games:** Play games like frisbee, volleyball, or soccer in a natural setting.
- ☐ **Horseback Riding:** Ride horses on trails through natural areas.
- ☐ **Participating in Clean-Up Activities:** Join or organize clean-up events to protect natural areas.
- ☐ _____
- ☐ _____

Memory Journals

Objective: To help individuals recall, reflect on, and savor positive memories, enhancing their well-being and fostering a more positive outlook on life.

1. Identify Positive Memories: Think about positive experiences from your past. Write down a list of specific memories that bring you joy, pride, or a sense of accomplishment.

Memory	Details
<i>e.g., Graduating from college</i>	<i>Walking across the stage, feeling proud, family cheering in the audience.</i>

2. Describe a Memory in Detail: Choose one memory from your list and write a detailed description of the experience. Include sensory details (sights, sounds, smells, tastes, touches) and your feelings during the memory.

3. Reflect on the Impact of the Memory: Reflect on how this memory has impacted your life and why it is meaningful to you.

4. Plan Activities to Create New Positive Memories: Identify activities or experiences you would like to engage in to create new positive memories. Write down these activities and make a plan to incorporate them into your life.

5. Journal About New Positive Experiences: After engaging in a new positive activity, write a journal entry describing the experience in detail. Include sensory details and your feelings during the experience.

Date	New Experience	Description

Positive Imagery

Objective: To help individuals use positive imagery (the practice of creating vivid and detailed mental images of positive experiences, goals, or desired outcomes) to enhance well-being, reduce stress, and foster a more optimistic outlook on life.

1. Identify Positive Memories: Think about positive experiences or memories from your past. Write down specific memories that bring you joy, pride, or a sense of peace.

2. Identify Future Goals and Aspirations: Think about your goals and aspirations for the future. Write down specific goals that you want to achieve and how you envision them.

3. Practicing Positive Imagery: Choose one positive memory or future goal from your list. Follow the steps below to create a detailed mental image, and write down your observations.

4. Positive Imagery Journal: After each positive imagery session, write a journal entry reflecting on your experience. Include details about the imagery, your sensory observations, and how you felt during the session.

Date	Imagery Focus	Experience

Gratitude Interventions

Gratitude interventions cultivate appreciation for positive aspects of life and relationships.

Gratitude List

Objective: To help individuals cultivate gratitude, improve their well-being, and foster a positive outlook on life through regular gratitude journaling.

1. Daily Gratitude Entries: Each day, write down three things you are grateful for. Be specific and focus on different aspects of your life, including people, experiences, and personal qualities.

Date	Gratitude Entries

Gratitude Letters

Objective: To help individuals express gratitude and appreciation for the people who have positively impacted their lives, enhancing their well-being and strengthening their relationships.

1. Identify People to Thank: Think about people who have made a positive difference in your life. Write down a list of individuals you would like to thank and why.

Person	Reason for Gratitude

2. Write Your Gratitude Letter: Select one person from your list to write a gratitude letter to. Write a heartfelt letter to the chosen recipient, expressing your gratitude. Include specific details about what they did and how it impacted you.

[illegible]

Decide whether you want to share the letter with the recipient in person, by mail, or through email.

Gratitude Visits

Objective: To help individuals express gratitude in person, strengthen their relationships, and enhance their well-being.

1. Identify People to Thank: Think about people who have made a positive difference in your life. Write down a list of individuals you would like to thank and why.

Person	Reason for Gratitude

2. Plan Your Visit: Select one person from your list to visit and express your gratitude to. Plan when and where you will visit the recipient.

3. Reflecting on the Experience: After the visit, reflect on the experience and how it made you feel.

Gratitude Jar

Objective: To help individuals cultivate a habit of gratitude by regularly recording things they are thankful for and placing them in a gratitude jar, enhancing their well-being and fostering a positive outlook on life.

1. Setting Up Your Gratitude Jar: Select a jar or container that you will use as your gratitude jar. Decorate it if you wish to make it special and personal.

2. Writing Daily Gratitude Notes: Each day, write down at least one thing you are grateful for on a small piece of paper. Be specific and focus on different aspects of your life, including people, experiences, and personal qualities. Fold the paper and place it in your gratitude jar.

3. Reflecting on Your Gratitude Notes: At the end of each week, take a few notes out of your gratitude jar and read them. Reflect on how practicing gratitude has affected your mood, behavior, and perspective.

Gratitude Challenges

Objective: To help individuals actively practice gratitude through various challenges, enhancing their well-being and fostering a more positive outlook on life.

2. Gratitude for Challenges: Reflect on a recent challenge or difficult situation. Write down how this experience has helped you grow or what you have learned from it.

Challenge	Lessons Learned/Gratitude

Thank You Notes

Objective: To help individuals cultivate gratitude and enhance their well-being by writing thank you notes to people who have positively impacted their lives.

1. Writing Thank You Notes: Think about people who have made a positive difference in your life. Select one person from your list to write a thank you note to. Write a heartfelt thank you note to the chosen recipient, expressing your gratitude. Include specific details about what they did and how it impacted you.

Person: _____

Thank you Note:

Person: _____

Thank you Note:

Person: _____

Thank you Note:

Kindness Interventions

Kindness interventions promote altruism and empathy through acts of kindness.

Random Acts of Kindness

Objective: To help individuals cultivate a habit of performing random acts of kindness, enhancing their well-being and fostering a more positive outlook on life.

1. Brainstorm Acts of Kindness: Think about various random acts of kindness you can perform. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ Hold the door open for someone.
- ☐ Compliment a stranger.
- ☐ Buy coffee for the person behind you in line.
- ☐ Donate clothes to a local shelter.
- ☐ Offer to help a neighbor with their groceries.
- ☐ Leave a kind note on someone's car.
- ☐ Pick up litter in your neighborhood.
- ☐ Plant a tree.
- ☐ Donate books to a local library.
- ☐ Offer your seat to someone on public transport.
- ☐ Bake cookies for your coworkers.
- ☐ Pay for a meal for someone in need.
- ☐ Offer to babysit for a friend or family member.
- ☐ Give a generous tip to your server.
- ☐ Smile at everyone you meet today.
- ☐ Donate to a cause you care about.
- ☐ Write a positive review for a local business.
- ☐ Let someone go ahead of you in line.
- ☐ Offer a ride to someone who needs it.
- ☐ Mow the lawn or shovel snow for a neighbor.

- ☐ Donate blood.
- ☐ Offer to run errands for someone who is sick or elderly.
- ☐ Pay for someone's parking meter.
- ☐ Give a warm meal to a homeless person.
- ☐ Help someone carry heavy items.
- ☐ Support a friend by attending their event or performance.
- ☐ Donate pet supplies to an animal shelter.
- ☐ Leave a basket of goodies on a neighbor's doorstep.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Choose and Plan an Act of Kindness: Select one act of kindness from your list to perform. Write down your plan for performing this act, including any preparation needed and when you will do it.

3. Perform the Act of Kindness: Carry out the planned act of kindness. Write down how the act went, including the recipient's reaction and how it made you feel.

Prosocial Spending

Objective: To help individuals understand and practice prosocial spending, which involves using financial resources to benefit others, thereby enhancing their well-being and fostering a more positive outlook on life.

1. Brainstorm Prosocial Spending Opportunities: Think about various ways you can use your financial resources to benefit others. The following are some examples. Check off the ones that apply or add more to the list:

- ☐ Sponsor a child's education through a reputable organization.
- ☐ Donate to a local food bank.
- ☐ Support a clean water project in a developing country.
- ☐ Contribute to a scholarship fund for underprivileged students.
- ☐ Fund a microloan for a small business owner in a developing country.
- ☐ Support disaster relief efforts through a trusted charity.
- ☐ Support a local homeless shelter.
- ☐ Support a women's shelter.
- ☐ Support an organization that provides medical care in remote areas.
- ☐ Support a program that offers free or reduced-cost childcare.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Choose a Prosocial Spending Opportunity: Select one prosocial spending opportunity from your list that you are interested in. Write down why you chose this opportunity and what you hope to achieve.

3. Plan Your Prosocial Spending Activity: Write down the details of your prosocial spending plan, including when, where, and how much you will spend. Include any preparation needed, such as researching the organization or budgeting the amount to donate.

4. Reflecting on Prosocial Spending: After completing your prosocial spending activity, write a journal entry reflecting on the experience. Include what you did, how it made you feel, and any positive outcomes you observed.

Empathy Interventions

Empathy interventions enhance understanding and compassion in interpersonal relationships.

Mindfulness Meditation

Objective: To help individuals practice mindfulness meditation, enhancing their well-being and fostering a more positive outlook on life.

1. Setting Up for Mindfulness Meditation: Identify a quiet and comfortable space where you can practice mindfulness meditation. Write down the details of this space and how you will make it conducive to meditation.

2. Practicing Mindfulness Meditation: Follow the steps below to practice a basic mindfulness meditation exercise.

- Choose a place where you won't be disturbed. It could be a corner of your room, a quiet park, or any space where you feel comfortable.
- Set a time limit. For beginners, 5-10 minutes is a good start. As you become more comfortable, you can gradually extend this to 20-30 minutes or longer.
- Find a position that is comfortable yet allows you to stay alert. You can sit on a chair with your feet flat on the floor or cross-legged on a cushion. Keep your back straight without being rigid.
- Gently close your eyes to minimize distractions. If you prefer, you can keep your eyes open with a soft gaze.
- Start by taking a few deep breaths to settle in. Inhale deeply through your nose, hold for a moment, and exhale slowly through your mouth.

- Shift your attention to the natural rhythm of your breath. Notice the sensation of the breath as it enters and leaves your nostrils, or the rise and fall of your chest or abdomen.
- Focus on the present moment. Whenever your mind starts to wander, gently bring your attention back to your breath. It's normal for thoughts to arise; acknowledge them without judgment and let them pass.
- Gradually bring your attention to different parts of your body, starting from your toes and moving up to your head. Notice any sensations, tension, or discomfort without trying to change anything. This can help you become more aware of your physical state.
- Be aware of any sensations, emotions, or thoughts that come up. Acknowledge them without getting caught up in them. Label them gently if it helps (e.g., "thinking," "feeling," "sensation") and return to your breath.
- Allow yourself to experience whatever comes up without judging it as good or bad. Accept each moment as it is.
- As your session comes to an end, bring your awareness back to your surroundings. Notice any sounds or sensations around you.
- If your eyes were closed, slowly open them. Take a moment to notice how you feel.
- Spend a few moments reflecting on your experience. Notice any changes in your mood or perspective.

Perspective-Taking Exercises

Objective: To help individuals enhance their empathy, understanding, and overall well-being.

1. Identify Opportunities for Perspective-Taking: Think about various situations where you can practice perspective-taking. The following are some examples. Check off the ones that apply or add more to the list:

- ☐ A disagreement with a friend.
- ☐ Helping a coworker who is struggling with a task.
- ☐ Listening to a family member share their concerns.
- ☐ Interacting with a service provider, like a waiter or customer service representative.
- ☐ Reading a book or watching a movie from a different cultural or social perspective.
- ☐ _____
- ☐ _____
- ☐ _____

2. Perspective-Taking Exercise: Choose one situation from your list to practice perspective-taking. Follow the steps below:

- Describe the Situation:

E.g.,: "I had a disagreement with my friend about our weekend plans."

- Imagine the Other Person's Point of View:

E.g.,: "My friend was upset because they had been looking forward to spending time together, and my change of plans felt like a rejection to them."

- Consider Their Thoughts and Feelings:

E.g.,: "They might be feeling disappointed. They may have put a lot of thought into our plans and felt that their efforts were not appreciated."

- Reflect on How You Would Feel in Their Position:

E.g.,: "If I were in their shoes, I would feel similarly disappointed and hurt if my friend changed plans at the last minute."

- Plan a Compassionate Response:

E.g.,: "I will apologize for the sudden change in plans and express understanding of their feelings. I will suggest an alternative time for us to spend together to show that I value our friendship."

Active Listening

Objective: To help individuals enhance their listening skills, improve their relationships, and foster a more positive and empathetic outlook on life.

1. Identify Opportunities for Active Listening: Think about various situations where you can practice active listening. The following are some examples. Check off the ones that apply or add more to the list:

- ☐ Having a conversation with a friend or family member.
- ☐ Participating in a work meeting or team discussion.
- ☐ Listening to a colleague share their concerns or ideas.
- ☐ Engaging in a discussion with a partner about important relationship topics.
- ☐ Attending a lecture, seminar, or workshop.
- ☐ Talking to a customer or client about their needs.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Active Listening Exercise: Choose one situation from your list to practice active listening. Follow the steps below.

- **Focus fully on the speaker:** Make eye contact, and put aside distractions.
- **Show that you are listening:** Nod occasionally, smile, and use other facial expressions. Ensure your posture is open and inviting.
- **Avoid jumping to conclusions:** Allow the speaker to finish their thoughts without interrupting or assuming.

- **Be open-minded:** Respect the speaker's perspective, even if you don't agree.
- **Paraphrase:** Restate what the speaker has said in your own words to show understanding.
- **Summarize:** Highlight key points to ensure you are on the same page.
- **Ask questions:** Use open-ended questions to encourage further elaboration.
- **Confirm understanding:** Ensure that you are interpreting the speaker's message accurately.
- **Show empathy:** Express understanding and compassion for the speaker's feelings.
- **Provide feedback:** Offer constructive responses that acknowledge the speaker's message and feelings.
- **Minimize environmental noise:** Ensure a quiet setting for conversation.
- **Stay focused:** Avoid multitasking and give your full attention to the speaker.
- **Use appropriate body language:** Lean slightly forward, maintain eye contact, and use gestures to show engagement.
- **Observe the speaker's non-verbal cues:** Pay attention to their body language and tone of voice for additional context.

Role-Playing

Objective: To help individuals develop empathy, communication skills, and problem-solving abilities.

1. Brainstorm Role-Playing Scenarios: Think about various situations where role-playing could be beneficial. The following are some examples. Check off the ones that apply or add more to the list:

- ☐ Having a difficult conversation with a coworker.
- ☐ Resolving a conflict with a friend or family member.
- ☐ Responding to a customer's complaint.
- ☐ Negotiating a raise or promotion with your boss.
- ☐ Apologizing sincerely for a mistake.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Choose a Role-Playing Scenario: Select one scenario from your list to practice role-playing. Write down why you chose this scenario and what you hope to achieve.

3. Role-Playing Exercise

- Focus fully on the speaker: Make eye contact, and put aside distractions.

E.g.,: "I'm here and ready to listen. Tell me what's been going on."

- **Show that you are listening:** Nod occasionally, smile, and use other facial expressions. Ensure your posture is open and inviting.

E.g.,: (Nodding) "I can see how that would be really stressful."

- **Avoid jumping to conclusions:** Allow the speaker to finish their thoughts without interrupting or assuming.

E.g.,: (Letting the Speaker finish) "I'm listening. Please continue."

- **Be open-minded:** Respect the speaker's perspective, even if you don't agree.

E.g.,: "I understand why you feel that way."

- **Summarize:** Highlight key points to ensure you are on the same page.

E.g.,: "It sounds like the workload is not only overwhelming but also affecting your sleep and mood."

- **Ask questions:** Use open-ended questions to encourage further elaboration.

E.g.,: "What specific tasks are causing you the most stress?"

- **Show empathy:** Express understanding and compassion for the speaker's feelings.

E.g.,: "I'm really sorry you're going through this. It sounds really tough."

Forgiveness Exercises

Objective: To help individuals practice forgiveness, enhance their emotional well-being, and foster a more positive outlook on life.

Forgiveness is about letting go of anger, resentment, and the desire for revenge towards someone who has wronged me. Forgiveness does not mean condoning or excusing the harmful behavior; it does not suggest that the offense was acceptable or justified.

1. Identify Situations Needing Forgiveness: Think about various situations in your life where you feel hurt or wronged.

2. Forgiveness Exercise: Choose one situation from your list to practice forgiveness. Follow the steps below:

- **Identify the Hurt:** Describe the situation that caused you pain. Be specific about what happened and how it made you feel.

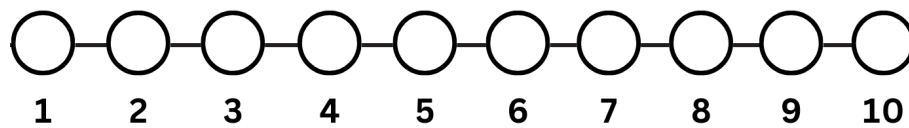
- What happened? (Describe the event in detail)

- How did you feel at the time?

- **Acknowledge Your Feelings:** Recognize and name your emotions related to the incident. It's important to understand what you are feeling.

- What emotions are you experiencing? (e.g., anger, sadness, betrayal)

- How intense are these emotions? (Rate on a scale of 1-10)



- How have these feelings affected you? (Emotionally, physically, mentally)

- **Reflect on the Reasons to Forgive:** Think about the benefits of forgiveness for yourself, not for the person who hurt you.

- **Develop Empathy:** Try to understand the other person's perspective. This doesn't mean excusing their behavior, but recognizing their humanity.

- What might have motivated the other person's actions?

- Can you see any signs of regret or remorse from them?

- **Let Go of Resentment:** Work on releasing the negative emotions associated with the hurt. This can be a gradual process.

- What steps can you take to let go of these feelings? (E.g., journaling, meditation, therapy)

- How will you handle reminders of the hurt in the future?

8. Seek Closure: Find ways to bring closure to the situation, which may involve direct or indirect actions.

- Do you need to communicate your forgiveness to the person? (If safe and appropriate)

- How can you symbolize your decision to forgive? (E.g., writing a letter, a ritual, talking to a friend)

Optimistic Interventions

Optimistic interventions encourage a positive outlook on life and future possibilities.

Future Visualization

Objective: To help individuals visualize a positive future, enhance their motivation, and foster a more optimistic outlook on life.

1. Identifying Future Goals: Think about various aspects of your life where you have goals or aspirations.

Life Area	Goals and Aspirations
Career	
Personal Growth	
Relationships	
Health and Well-being	
Financial	

2. Future Visualization Exercise: Choose one goal or aspiration from your list to focus on for the visualization exercise. Follow the steps:

- Imagine a future scenario where you have successfully achieved your goal.
- Where are you? (Describe the setting)
- What time of day is it?
- What is the environment like? (Colors, sounds, smells)

- Use all five senses to make the visualization more real.
 - What do you see? (People, objects, scenery)
 - What do you hear? (Sounds, voices, music)
 - What do you smell? (Scents, aromas)
 - What do you taste? (Food, drink)
 - What do you feel? (Textures, temperature)
- Focus on the emotions you feel in this future scenario.
 - How do you feel having achieved your goal? (Joyful, proud, relieved)
 - How does achieving this goal impact your confidence and self-esteem?
- Reflect on the steps you took to reach this goal.
 - What actions did you take to achieve this goal?
 - What challenges did you overcome?
 - Who or what helped you along the way?
- Consider the broader impact of achieving your goal on your life.
 - How has achieving this goal changed your daily life?
 - What new opportunities have arisen as a result?
- Identify the next actions to take toward making this visualization a reality.
 - What are the first three steps you need to take?
 - What resources or support do you need?
 - How will you stay accountable and track your progress?

Design a Beautiful Day

Objective: To help individuals plan and visualize a perfect day, enhancing their well-being and fostering a positive outlook on life.

1. Identify Activities and Elements: Think about the activities and elements that would make your day beautiful. The following are some examples. Check off the ones that apply or add more to the list:

- ☐ A healthy and delicious breakfast.
- ☐ Quality time with family or friends.
- ☐ Engaging in a favorite hobby or creative activity.
- ☐ A walk in nature or time spent outdoors.
- ☐ Reading a book or watching an inspiring movie.
- ☐ A relaxing evening routine with a warm bath or soothing music.
- ☐ _____
- ☐ _____
- ☐ _____
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2. Schedule Your Beautiful Day: Choose a day to design as your beautiful day. Create a schedule that includes the activities and elements you identified.

Time	Activity

Affirmation Practices

Objective: To help individuals develop a habit of using affirmations to enhance their well-being, build self-confidence, and foster a positive outlook on life.

1. Identify Key Affirmations: Think about areas of your life where you would like to improve your mindset and self-belief. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ I am confident and capable.
- ☐ I am deserving of love and happiness.
- ☐ I am strong and resilient.
- ☐ I believe in myself and my abilities.
- ☐ I am grateful for all the good in my life.
- ☐ I am worthy of success and abundance.
- ☐ I am growing and becoming a better version of myself every day.
- ☐ I am at peace with my past and excited for my future.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

2. Affirmation Practice Routine: Create a routine for practicing your affirmations. This can include specific times of the day and methods (e.g., saying them out loud, writing them down, or meditating on them).

Reframing

Objective: To help individuals practice reframing negative thoughts and situations into positive or neutral perspectives, enhancing their well-being and fostering a more optimistic outlook on life through guided exercises and reflections.

1. Identify Negative Thoughts and Situations: Think about recent negative thoughts or situations that have affected you.

2. Reframing Exercise: Choose one negative thought or situation from your list to practice reframing. Follow the steps below:

Thought: _____

E.g., "I always fail at everything I try."

- Look for evidence that supports or contradicts the negative thought.

Evidence for	Evidence against
<i>E.g., "I didn't do well on my last project."</i>	<i>"I have successfully completed many other projects in the past."</i>

- Question the validity and usefulness of the negative thought.

- Is this thought based on facts or assumptions?

- Would you think this way about a friend in a similar situation?

- What are some alternative explanations or perspectives?

E.g., "Just because I struggled with this project doesn't mean I fail at everything."

- Create a more balanced or positive thought to replace the negative one.

E.g., "I may not succeed at everything, but I have many strengths and can learn from my mistakes."

Strength-Building Interventions

Strength-based interventions focus on identifying and using personal strengths to improve well-being.

Strengths Assessment

Objective: To help individuals identify and utilize their personal strengths, enhancing their well-being and fostering a more positive and empowered outlook on life.

1. Identify Your Strengths: Think about your positive qualities, skills, and attributes. Examples:

Altruism, Assertiveness, Authenticity, Balance, Bravery, Calmness, Caring,
Compassion, Confidence, Creativity, Curiosity, Dependability,
Determination, Diplomacy, Empathy, Generosity, Honesty, Humility,
Humor, Leadership, Loyalty, Open-mindedness, Optimism, Patience,
Problem-Solving, Resourcefulness, Respectfulness, Self-Awareness,
Trustworthiness, Wisdom.

2. Reflect on Your Strengths: Choose a few strengths from your list. Write a brief reflection on how each strength has positively influenced your life.

3. Plan to Use Your Strengths: Think about how you can apply your strengths in different areas of your life (e.g., work, relationships, personal growth).

Life Area	Strength	Action Plan

Strengths Visualization

Objective: To empower individuals to harness their unique strengths, enhancing their confidence, motivation, and ability to effectively apply these strengths in various real-life situations.

1. Identify Your Strengths: List three to five of your core strengths.

2. Choose a Strength to Focus On: Select one strength from your list to focus on for this visualization exercise.

3. Set the Scene: Imagine a specific scenario where you can use this strength effectively. Picture the details of the scenario vividly.

- Where are you? (Describe the setting)
- What time of day is it?
- What is the environment like? (Colors, sounds, smells)

4. Engage Your Senses: Use all five senses to make the visualization more real.

- What do you see?
- What do you hear?
- What do you smell?

- What do you taste?
- What do you feel?

5. Experience Your Emotions: Focus on the positive emotions you feel in this scenario.

- How do you feel using your strength?
- What positive emotions are you experiencing?

6. Identify Actions Taken: Reflect on the specific actions you take using your strength in this scenario.

Meaning Oriented Interventions

Meaning-oriented interventions help individuals find purpose and meaning in their lives.

Value Reflection

Objective: To help individuals identify, reflect on, and align their actions with their core values, enhancing their well-being and fostering a more meaningful and purpose-driven life.

1. Identify Your Core Values: Think about the qualities and principles that are most important to you. (e.g., family, service, health, growth, love, authenticity, etc.)

2. Reflect on Your Values: Choose one core value from your list. Write a brief reflection on how this value has influenced your life and why it is important to you.

3. Set Goals Using Your Values: Set specific goals for the next month that align with your identified values. Write down the goals and the values you will use to achieve them.

Goal Setting

Objective: To empower individuals to set clear, achievable goals, enabling them to develop a focused action plan, stay motivated, track progress, and ultimately achieve their personal and professional aspirations.

1. Define Your Goal: Begin by defining what you want to achieve. Make sure your goal is specific, measurable, achievable, relevant, and time-bound (SMART).

E.g., Improve physical fitness by running 5 kilometers without stopping in three months.

2. Understand the Why: Identify the reasons behind your goal. Understanding why you want to achieve this goal will help keep you motivated.

E.g., To improve overall health, increase energy levels, and feel more confident in daily activities.

3. Break Down the Goal: Divide your main goal into smaller, manageable steps. These steps should be specific actions that will lead you to your ultimate goal.

4. Identify Potential Obstacles: Consider any challenges you might face and plan how to overcome them. Being prepared for obstacles will help you stay focused and motivated.

Obstacle	Solution

5. Celebrate Achievements: Celebrate your achievements, no matter how small.

Legacy Writing

Objective: To assist individuals in reflecting on and articulating their life experiences, values, and lessons learned.

1. Identify Key Life Events: Think about significant events in your life that have shaped who you are. Briefly describe their impact on you.

2. Reflect on Lessons Learned: For each key event, write down the lessons you learned and how they have influenced your life.

3. Define Your Desired Legacy: Think about how you want to be remembered. Write a statement that encapsulates your desired legacy.

Example: "I want to be remembered as someone who made a positive impact on others' lives, showed unwavering kindness, and inspired growth and resilience."

[illegible]

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · No diagnosis is established by the title.
- ICD-11 CDDR: · No diagnosis is established by the title.
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 5, 6, 8, 9, 10, 11, 12, 15, 18, 32, 33, 34, 36, 38, 39, 40, 41, 42, 44, 48, 49, 51, 54, 58, 59. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Assess duration, distress/functional impairment, cultural and medical context, substance/medication effects, and relevant differential diagnoses before assigning any diagnosis.

Document-specific corrections

- Pages [2] · Frame · Positive Psychology · using the DSM/ICD status below; add duration, impairment, exclusions, and differentials without reproducing criteria. The title alone must never be treated as a diagnosis.
- Pages [1, 2, 41, 59] · Treat the Positive Psychology ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly.
- Pages [1, 2, 3, 8, 9, 10, 11, 15, 18, 32, 33, 36, 42, 48, 51, 54, 58, 59] · Use only within competence and after individualized assessment of acute risk, medical/substance contributors, functional impairment, culture, accessibility, and readiness; stop or adapt exercises that increase destabilization or unsafe behavior. Apply this specifically to the workbook's Savoring Interventions, Mindful Eating, Nature Walks, Memory Journals sections.
- Pages [1, 3, 5, 6, 10, 12, 32, 34, 36, 38, 39, 40, 44, 49, 54] · Review all medical assertions in Positive Psychology with a qualified medical professional; distinguish psychoeducation from individualized advice and add referral thresholds, contraindications, and medication/procedure cautions appropriate to this population.

Measures, scoring, and permissions

- Treat the Positive Psychology ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly. custom/unvalidated unless evidence is supplied confirm no third-party item wording was adapted

Intervention scope and contraindications

- Use only within competence and after individualized assessment of acute risk, medical/substance contributors, functional impairment, culture, accessibility, and readiness; stop or adapt exercises that increase destabilization or unsafe behavior.

Crisis and current resources

- For immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org. Outside the U.S., use verified local emergency and crisis services. A workbook is not a crisis service or safety plan.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://988lifeline.org/>