

Year: 2024  
 Month: *October*

# Positivity Calendar



Write down the good and the bad in quick note form - ☹️ 😊 ☺️/ Ticks & Crosses & a few short words e.g. ☹️ Passed 2 dogs barked & lunged both

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 ☹️ walked past a dog 5m away barked & lunged	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# Positivity Diary



Write down in as much detail as possible, all of the good, positive things that have happened, no matter how small!

Date: 1 <sup>st</sup> October 2024	Date
<i>Bramble managed to sit and wait calmly as I put on my walking bits,</i>	
<i>he was then really good letting me put the harness and lead on before</i>	
<i>setting off. On the walk he was able to sniff more than I had noticed</i>	
<i>him do before. He was also able to recover quicker with a shake off only</i>	
<i>5 minutes after seeing the other dogs, whereas before this would have</i>	
<i>been 15 minutes! The other dog was also closer than before.</i>	
<i>After our walk we enjoyed a coffee and chew in front of the fire.</i>	

# Positivity Diary



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Date:	Date