

## 2. FIND THE SILVER LINING IN NEGATIVE SITUATIONS

Think about three difficulties or challenges that you faced in the past year. Next, think about whether there was anything positive about them:

### **NEGATIVE SITUATION 1:**

Positive things about it:

- 1.
- 2.
- 3.

### **NEGATIVE SITUATION 2:**

Positive things about it:

- 1.
- 2.
- 3.

Repeat this practice for every negative situation that you experience in the coming week. See if your ability to find the positive in difficult situations improves.