

Learning Activity V: Finders Keepers

Instructions

This learning activity requires you to look at areas of your life you would like to keep or have more of because they are so fantastic! It is recommended you look back to *Learning Activity III: But Focus on the Positive* as a reference for those areas you would like to keep. If you did not complete that activity, you can think about those things now in this activity.

Complete the following steps to complete the activity:

1. Retrieve **Learning Activity III** from “But Focus on the Positive” and document those feelings or situations that brought you positive feelings in column one. **Note:** If you did not do this activity, write down any current positive feelings or situations in column one.
2. Write down who the source of that feeling is in the **Source of Feeling** column.
3. Indicate why you want to keep that feeling in the **Why Keep?** column.
4. Document how you can keep that feeling or positive situation.

Situation or Feeling	Source of Feeling	Why Keep?	How Can You Keep It?

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