

EXERCISE: GOOD MOMENTS

1. WRITE DOWN THE GOOD MOMENTS YOU CAN COME UP WITH FROM THE PAST WEEK. This makes you see which things bring you joy. You can get back to your list each time you're feeling low.

2. Next, write down a few nice moments you could plan for the next week.

A large, empty rectangular box with a thin black border, intended for the user to write down planned nice moments for the next week. The box is positioned centrally below the instruction and occupies most of the page's vertical space.