

# Strong Parents, Stable Children: Building Protective Factors to Strengthen Families



## What Went Well?

When we feel a lot of stress, it can seem like we have very little control over our lives. We tend to be negative and wonder what bad thing will happen next. If we try looking for the good instead, and give ourselves credit for having a positive influence, we will feel more in control and find better ways to solve problems.

Seeing the many good things you do for yourself and others every day is one way to be positive and in control. Before you go to sleep each night, write down two things that went well that day. Next, ask yourself – “How did I make this happen?”

	What went well?	How did I make this happen?
<b>Sunday</b>		
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		

*Learning to think positively about life can help you  
and your relationship with others.*