




KCB Recovery

Maintaining Positive Habits



In this worksheet, we are merely building on what we have done in the 'Developing a Positive Mindset Worksheet.' This is to keep a record of the positive activities that you have engaged during the week in day and the night period.

Fill out the boxes below with the physical, mental, social and spiritual activities that you have been partaking in at day and night.

Day


Physical

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Mental

Social




Spiritual



Night

Physical

Mental



Social

Spiritual



Reflection Questions

How has this exercise changed your perspective?

Did you learn anything from this exercise? If so, please specify.



Make 3 new commitment to yourself: