

# My Positive Shift Sheet

I \_\_\_\_\_, commit to continuing my healing journey and using this positive shift sheet to help me find balance, happiness and joy through this journey. I will keep this sheet in a place where I can easily see it or access it on a daily basis.

## #1 - The Good in My Past...

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## #2 - The Good in My Present...

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## #3 - What I'm Excited About for My Future...

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## #4 - My Happy List...

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## #5 - My Values and Beliefs...

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