



## Create Your Positive Emotional Trigger Plan

Before starting this activity, ensure you have completed "Identify Positive Emotional Triggers" in the "Feeling Better" section.

Use the positive emotional triggers you identified in the monitoring activity. The goal of this activity is to help you recognize and incorporate these positive triggers into your life. Over time, you can continue adding to your list as you discover more.

Whenever possible, schedule some or all of the triggers on your calendar. If you have access to a printer, print out the list for easy reference.

**List your positive emotional triggers below.**

**Positive Trigger 1:**

**Positive Trigger 2:**

**Positive Trigger 3:**

**Positive Trigger 4:**

**Positive Trigger 5:**