



Episode 7 Exercises

1. For three days, consciously pay attention to the positive aspects of everything you encounter, even if it's not something you particularly like. Notice the beauty, attractiveness, and any positive qualities you see.
2. Write down three things (a person, food, object, or anything else) that you think have no beauty, ability, or positive quality (or that you even hate). Then, for each one, write down three positive qualities, abilities, or aspects.
3. Review your list of positive self-concepts and write down ten positive qualities, abilities, or aspects of yourself. Remind yourself of these daily for a week.
4. To boost your partner's (or child's) self-confidence and provide emotional support, write down several of their positive qualities and remind them of these qualities in different situations.



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5. What positive qualities would you like to see in your life or in your relationship with your partner? Identify and write down at least ten. If you'd like, you can share these with your partner after providing emotional support to encourage them to join you. (Do this delicately and avoid giving orders or complaining.)



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