

LOG Guide
**GUIDELINES FOR LOGGING YOUR AWARENESS OF POSITIVE FEELINGS
AND ARTICULATION OF STRENGTHS**
(paper and pencil format)

Purpose: To guide you in your daily or weekly practice of paying attention to your momentary positive feelings, and putting into words some statements that reflect your positive self-identity. Later on, it will enable you to express your **SELF-ARTICULATED STRENGTHS-FOCUSED-IDENTITY**.

Suggested materials: Get yourself a tablet or notebook with plenty of blank pages. Tape on tabs to mark four sections. Identify **Section 1** as a place to list *Positive Feelings*; **Section 2** as a place to describe *Possible Positive Qualities* (also called *Strengths*); **Section 3** as the place to list *Self-Articulated Strengths*; and **Section 4** as a place to list your *Current listing of my Top 10 Strengths*.

Suggested Guidelines for each Section:

Section 1: Positive Feelings

During the day or at the end of the day, set aside a few moments of introspective quiet time when you reflect on some of your recent experiences during which you seemed to feel more satisfied and generally more positive than you typically feel. These experiences might be ones when you were in conversation with one or more people whose company you enjoy, or when you were doing something that gave you positive feelings, possibly feelings of pride and/or accomplishment. When writing in your log, start by describing how you were feeling at the time of the event, and then briefly describe the situation or the events happening at the time when the positive feelings occurred.

Soon after you have listed some positive feelings, try to differentiate between feelings that were (1) stimulated or caused by matters completely unrelated to your personal qualities or your actions, from (2) feelings that might have been influenced by your positive qualities or your actions.

If the good feelings might have been caused or influenced by your actions or by some positive quality that characterizes you, *follow the suggestions in Section 2*, and try to describe a personal strength you have that might have caused or influenced the good feeling.

Section 2: Possible Strengths

Focusing on the feelings identified in Section 1 that were most likely influenced by your actions or your personal qualities, try to articulate one or more possible strengths you were demonstrating when the good experience took

place. Your first attempts to describe these possible strengths may be vague or difficult to describe. Don't worry if it doesn't sound clear or precise at this point, just write down some words that might be clarified and elaborated later, in Step 3. For the time being, just explore possible strengths that you might have demonstrated and list them in Section 2. You can become more serious about refining or elaborating on your initial words after you have had more time and other experiences to consider.

The most important thing you are trying to do is to notice the connection or relationship between your positive feelings and your personal actions that might have influenced, or even caused, those feelings to occur.

Section 3: Self-Articulated Strengths

Start Section 3 after you have been doing Sections 1 and 2 for several days. In this section, you will list *Self-Articulated Strengths* that are the best of those you have listed in Section 2. The descriptions of strengths that you choose to describe in Section 3 are the ones that seem most meaningful and vivid to you. It might be said that you are willing to put forth these statements as reasonable descriptions of your positive self-identity.

After you listed at least 20 Self-Articulated Strengths in Section 3, start Section 4.

Section 4: Current listing of my top 10 Strengths

This is a list of the ten most descriptive and valued strengths you have articulated since starting this log. This list should not be considered as your final version after you have completed your current version of it. As you continue to do the first three steps of the process, you will articulate some new or revised statements about your strengths that will replace some the descriptions you had listed on your previous version of the top 10. In other words, you will become more articulate as you do the process, which will result in modifications that lead to more accurate and valued strengths on your current listing. It is recommended that you continue to revise and elaborate your *Current Top 10* listing during coming months and years. As you continue, you will notice that you will become more articulate about your strengths as you continue to identify your positive feelings and your possible strengths. This growing sense of clarity will mean that your positive self-identity is growing stronger.

These Guidelines were developed by Jerald R. Forster, - Latest Edition – 10/2/13.