

# SHARP Specs

## Notice the Positives

We tend to focus on what fits with how we feel. If we are depressed, we focus on the negative – which makes us feel even worse. If we are critical or hate ourselves, we focus on our mistakes and shortcomings.

It's like wearing Gloomy Specs – we see things through distorted and dark lenses, rather than as things really are. We need to break the gloomy cycle by changing our focus. Noticing the positives with SHARP Specs will improve the way you think and feel.



We need to put on the **SHARP Specs** to see things clearly.



**S**et time  
**H**unt  
**A**cknowledge  
**R**ecord  
**P**lan

### Set time

Set some time aside each day to notice the positives - perhaps a few minutes at the same time of day, or set a reminder alarm 3 times during the day.

### Hunt

Hunt down those times that went well, when you said or did something positive, or when something positive happened or was said to you. Don't dismiss things as being too small or insignificant! Sometimes, just smiling or speaking a few words, can have a big impact.

### Acknowledge

Acknowledge when some things didn't go so well - it's normal to feel sad or disappointed - but ask if you're still using those Gloomy specs! Use your SHARP specs and ask yourself: What did I do ok? What is there about that situation that was ok? What can I learn? What can I do better next time?

### Record

Every day, write down at least 3 positive things that happened that day - use a [positive data log](#) or positives journal (or app). You could also use a notepad, a file on your computer, or write on coloured pieces of paper and put them in a jar. You can review your written record every week, month, and at the end of the year.

### Plan

Plan ahead for the next day. Plan positive things - use [ACE](#) ([www.get.gg/ace.htm](http://www.get.gg/ace.htm)) or [the Battery](#) ([www.get.gg/battery.htm](http://www.get.gg/battery.htm)) as a guide. Plan to collect souvenirs or take photos to create a SHARP Specs or Positives box or album.