

POSITIVITY LOG

Strong relationships are built, in part, by offering more praise than criticism. Use this chart to track the amount of praise and criticism you give and receive throughout a class period.

	Praise	Criticism
Feedback I Gave		
Feedback I Received		

Review your chart. What did you notice?

What are opportunities for you to improve your positivity ratio? Describe an action you could take.

What conversation could you have to ask others to improve their positivity ratio in their interactions with you?