

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Three Good Things

In the three spaces below, write down three things that went well for you today. For each thing, provide an explanation for why you think it went well. The items can be relatively small in importance (e.g., “Someone held the door open for me today”) or relatively large (e.g., “I did awesome on my assignment today”).

1.

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2.

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3.

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- Give the event a title.
- Write down exactly what happened, who was there, who said what, etc.
- How did it make you feel then and later.
- Repeat this every day for a week.

Evidence that it works: Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American Psychologist*, 60(5), 410.