

# Three Good Things

## How do I do it?

Each day, take a few minutes to write down three things that went well for you. These can be big or small moments, from accomplishing a goal to enjoying a conversation. Along with each item, write a brief explanation of why it went well. Think about what contributed to the positive outcome—was it something you did, someone who helped, or just good timing? Something that happened by random chance can be a good thing, too!

## How does it work?

This simple yet powerful exercise helps you focus on the positive aspects of your day, which we often overlook. By reflecting on why these things went well, you reinforce the positive actions, circumstances, or relationships that bring value to your life. Over time, your mind starts to naturally seek out and recognize these good moments as they happen, fostering a more optimistic outlook.

## Why is it effective?

- **Shifts focus to the positive:** We tend to dwell on problems or what went wrong in our day. By consciously reflecting on what went well, you train your brain to focus on the positive.
- **Builds gratitude:** Writing why these things happened allows you to appreciate the small details or people contributing to your happiness, fostering a sense of gratitude.
- **Strengthens well-being over time:** As you continue the practice, your sense of well-being can increase. You'll notice more good things happening each day, even amid challenges.

## Additional Tips for Success:

- **Be specific.** Instead of writing, "I had a good day," describe the actual moments—like "I enjoyed a walk with a friend" or "I completed a task I've been putting off."
- **Reflect on small things.** The good things don't have to be big achievements. Simple pleasures, like enjoying a tamale or watching a sunset, can be just as valuable.
- **Review your entries.** Occasionally, looking back at previous entries can remind you of how many positive experiences you've had, further reinforcing a sense of gratitude.
- **Keep it brief.** Don't feel pressured to write long or detailed entries. Short, simple reflections are just as effective. The goal is to make this exercise easy and sustainable so you will be more likely to stick with it. If you make journaling "Three Good Things" less burdensome, developing this as a daily habit will be easier.



