Three good things

Each evening, write down three things that went well and why.

Name _____ Date _____

Low mood trains the mind to scan for what went wrong. This exercise trains it the other way. Each evening, write three things that went well today, or that you are glad of, and why they happened. They can be small: a good cup of coffee, a kind word, getting something done.

Day	Three things that went well	Why did they happen?
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

It can feel forced at first. Keep going for the full week before you judge it.

From research by Martin Seligman and colleagues (2005).

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