Three Good Things

Tips on how to use this tool for your benefit:

- Block out an amount of time at the end of your day to think about your three good things.
- Think about your feelings. Write these in the “What happened?” part in your booklet.
- Let this become a habit. Habits take more than 2 weeks to develop, so make sure you take more than one booklet. We have more, so don’t be shy!

If you would like to see what you can get out of a meeting, see an Academic Success Coach.

Two weeks of the Three Good Things exercise can affect the next 6 months of your life. Helping shift your outlook to see what good is happening and giving you the hope to face your challenges.

 positiv psycholog y progress empirical  validation of interventions
Martin E. P. Seligman, Tracy A. Steen, Nansook Park, and Christopher Peterson.

Train Your Brain To Be Positive

Your brain can be naturally hard-wired to think about things in a negative way. You do not have to continue with this way of thinking. You have the ability to train yourself to be positive!

Think about what you want to begin this activity. It is normal to notice flaws, errors, and frustrations more than what went well and what you do well. However, you can train your brain to be abnormal, to see the positive naturally!

With this booklet, you will capture the Three Good Things that happened everyday before you go to bed. This can help orient your brain to see what is good!
Three Good Things

MONDAY
1. Good thing: ___________________________________________________
   What happened? ________________________________________________

2. Good thing: ___________________________________________________
   What happened? ________________________________________________

3. Good thing: ___________________________________________________
   What happened? ________________________________________________

TUESDAY
1. Good thing: ___________________________________________________
   What happened? ________________________________________________

2. Good thing: ___________________________________________________
   What happened? ________________________________________________

3. Good thing: ___________________________________________________
   What happened? ________________________________________________

FRIDAY
1. Good thing: ___________________________________________________
   What happened? ________________________________________________

2. Good thing: ___________________________________________________
   What happened? ________________________________________________

3. Good thing: ___________________________________________________
   What happened? ________________________________________________

WEEKEND
1. Good thing: ___________________________________________________
   What happened? ________________________________________________

2. Good thing: ___________________________________________________
   What happened? ________________________________________________

3. Good thing: ___________________________________________________
   What happened? ________________________________________________
**Three Good Things**

**WEDNESDAY**

1. Good thing: ______________________________________________
   What happened? ____________________________________________
   __________________________________________________________

2. Good thing: ______________________________________________
   What happened? ____________________________________________
   __________________________________________________________

3. Good thing: ______________________________________________
   What happened? ____________________________________________
   __________________________________________________________

**THURSDAY**

1. Good thing: ______________________________________________
   What happened? ____________________________________________
   __________________________________________________________

2. Good thing: ______________________________________________
   What happened? ____________________________________________
   __________________________________________________________

3. Good thing: ______________________________________________
   What happened? ____________________________________________
   __________________________________________________________
Three Good Things

FRIDAY
1. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________
2. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________
3. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________

WEEKEND
1. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________
2. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________
3. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________

MONDAY
1. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________
2. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________
3. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________

TUESDAY
1. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________
2. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________
3. Good thing: _________________________________________________
   What happened? _____________________________________________
   ___________________________________________________________