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.

*Positive Psychology 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? ___________________________________________
   __________________________________________________________

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? _________________________________
   _______________________________________________