

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.

Positive Psychology Progress Empirical Validation of Interventions

Martin E. P. Seligman, Tracy A. Steen, Nansook Park, and Christopher Peterson.

Three Good Things



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? _____

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? _____

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



WEDNESDAY

1. Good thing: _____
What happened? _____

2. Good thing: _____
What happened? _____

3. Good thing: _____
What happened? _____

THURSDAY

1. Good thing: _____
What happened? _____

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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? _____

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? _____
