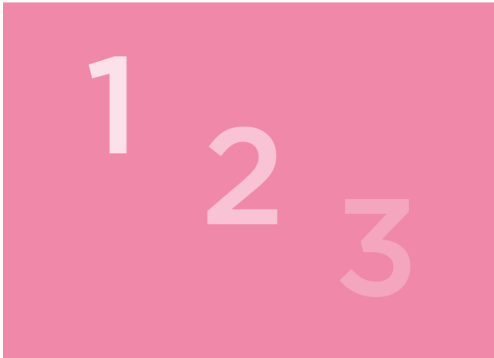


Three Good Things



PAGE 1: Overview

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How long does it take?

10 minutes

How do I do it?

In this daily reflection, you list three things that went well for you, and why they went well.

How does it work?

This brief exercise helps you reflect on the many things that happen every day. Over time, you begin to look for things in your day to add to your list!

Inspired by: Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60(5), 410-421.

Three Good Things



At the end of each day, write down three things that went well for you and why they went well.

DATE	1	2	3

Three Good Things

Character LAB

EXAMPLE

DATE	1 appreciating people you love and what they do for you	2 appreciating the kindness of strangers	3 something in the world you appreciate
Mon 6/16	I had breakfast with Mom. She wakes up early just to see me before I leave for school.	I almost left my backpack on the bus, and someone reminded me before I got off.	It was sunny yesterday. I really enjoyed walking home.