

Instructions:

1. Make a copy of this document
2. For everyday, copy and paste the format provided below and fill in the boxes
3. Write 3 GOOD things: something that went well for you today, something that made you happy or smile, something that made you feel good about yourself, etc...
4. Include the details of these 3 good things. Think about who, what, where, when, how, why?
5. Explain how this made you feel.

Time Requirement:

Time - around 10 minutes a day.

Frequency - It is recommended that you do this exercise everyday. However, it's really up to you! You can do it once a week or five times a week only on the weekdays.

(P. S. Just try it out for one week, everyday and see how you feel! As a person who's doing this, I'm sure you will want to continue doing it. 😊)

3 GOOD THINGS 😊

DAY __

GOOD thing #1:

Details (Think about who, what, where, when, how, why?)

How did this make you feel? (Think about during that time and now)

GOOD thing #2:

Details (Think about who, what, where, when, how, why?)

How did this make you feel? (Think about during that time and now)

GOOD thing #3:

Details (Think about who, what, where, when, how, why?)

How did this make you feel? (Think about during that time and now)

Student Review:

At first, I was just like “eh, let’s try it out. Why not.” and really expected nothing from it. However, this really forced me to think about the good stuff that went on everyday and then, I realized that my days are FULL of positive, happy experiences that I just tend to ignore. This makes you reflect on your life so much and really, just makes you feel good writing about the things that made you feel good. I understand that when you first see the long documents are things you have to write, it sounds like a lot of effort and a waste of time. But trust me, when you start writing, you won’t even know if an hour has passed.