



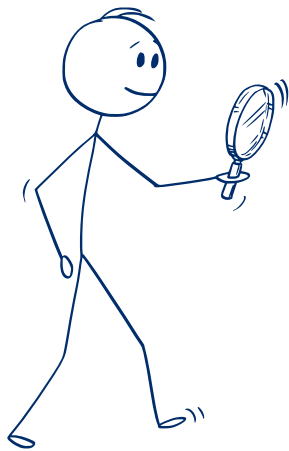
HUNT THE «GOOD» STUFF





**THIS BOOK
BELONGS TO:**

Instructions



EVERY NIGHT, REVIEW ONE “GOOD THING” PROMPT QUESTION AT THE TOP OF THE PAGE.

NEXT, READ THE REFLECTION QUESTION AND TAKE SOME TIME TO THINK ABOUT THE EVENT THAT TOOK PLACE THAT DAY. TRY AND BE AS SPECIFIC AS YOU CAN IN THE WHO, WHAT, WHEN, WHERE OR WHY OF YOUR REFLECTION.



DATE:

**WHAT'S SOMETHING GOOD YOU DID
TODAY?**

**WHAT DOES THIS GOOD THING MEAN
TO YOU?**



DATE:

WHAT MADE YOU SMILE TODAY?

WHY DID THIS MAKE YOU SMILE?



DATE:

**WHAT IS SOMETHING YOU'RE GRATEFUL
FOR?**

WHAT DOES IT MEAN TO YOU?



DATE:

**WHAT WAS YOUR FAVORITE PART OF
THE DAY?**

WHY DID THIS GOOD THING HAPPEN?



DATE:

**DID ANYONE HELP YOU TODAY AND
HOW?**

**WHAT DID THEIR HELP MEAN TO
YOU?**



DATE:

**WHAT'S SOMETHING YOU'RE PROUD OF
YOURSELF FOR?**

WHY ARE YOU PROUD OF THIS?



DATE:

WHAT MAKES YOU A GOOD FRIEND?

**WHAT DOES BEING A GOOD FRIEND
MEAN TO YOU?**



DATE:

**WHO IS SOMEONE THAT MADE YOU
SMILE TODAY?**

**HOW DID THIS PERSON MAKE YOU
SMILE?**



DATE:

**WHAT IS SOMETHING CHALLENGING
THAT YOU DID TODAY?**

**WHAT CAN YOU DO TOMORROW TO
ACCOMPLISH SOMETHING
CHALLENGING?**



DATE:

HOW DID YOU HELP SOMEONE TODAY?

**WHAT DO YOU THINK IT MEANT TO
THEM?**



DATE:

**WHAT'S SOMETHING YOU'RE LOOKING
FORWARD TO?**

WHAT DOES IT MEAN TO YOU?



DATE:

**WHAT'S SOMETHING GOOD THAT
HAPPENED TO YOU?**

WHY DID THIS GOOD THING HAPPEN?



DATE:

WHAT MAKES YOUR FRIEND A GOOD FRIEND?

WHAT DOES THIS MEAN TO YOU?



DATE:

**WHAT IS SOMETHING YOU LEARNED
RECENTLY?**

WHAT DOES THIS MEAN TO YOU?



DATE:

**WHAT IS SOMETHING FUNNY THAT
HAPPENED TODAY?**

HOW DID IT AFFECT YOUR DAY?



DATE:

**WHAT IS SOMETHING YOU
ACCOMPLISHED RECENTLY?**

**IN WHAT WAYS DID OTHERS HELP
YOU TO ACCOMPLISH THIS?**



DATE:

WHAT IS SOMETHING YOU ARE HAPPY ABOUT?

WHY DOES THIS MAKE YOU HAPPY?



DATE:

**WHAT IS SOMETHING NICE SOMEONE
DID FOR YOU TODAY?**

WHAT DOES THIS MEAN TO YOU?



DATE:

**WHAT IS SOMETHING NICE YOU DID FOR
SOMEONE TODAY?**

WHY DID YOU HELP THEM?



DATE:

**WHAT IS A WAY YOU SHOWED
KINDNESS TODAY?**

**HOW CAN YOU SHOW MORE
KINDNESS TOMORROW?**



DATE:

**WHAT DID YOU DO IN YOUR FREE TIME
TODAY?**

HOW DID THIS BENEFIT YOU?



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