



## Three Good Things Exercise



Write down three good things that happened to you today.  
They can be anything you feel good about or are grateful for.

Use this sheet to keep a record of your Three Good Things each day over the course of a week. Try to include **why** you felt each of the things was really good.

Try to write down your Three Good Things every day if possible - but if for some reason you miss a day, then don't worry, just carry on the next day.

You could even talk to your family or friends about your Three Good Things and ask them about theirs.

1. Day/Date:
Good Thing 1
Good Thing 2
Good Thing 3

2. Day/Date:
Good Thing 1
Good Thing 2
Good Thing 3

3. Day/Date:
Good Thing 1
Good Thing 2
Good Thing 3

4. Day/Date:

Good Thing 1

Good Thing 2

Good Thing 3

5. Day/Date:

Good Thing 1

Good Thing 2

Good Thing 3

6. Day/Date:

Good Thing 1

Good Thing 2

Good Thing 3

7. Day/Date:

Good Thing 1

Good Thing 2

Good Thing 3