## 3 Good Things

Every night for two weeks, set aside three to five minutes right before you go to sleep. Grab some paper and jot down three things that went well that day, and note why they went well.

| 1. | 1. |
| :---: | :---: |
| 2. | 2. |
| 3. | 3. |
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |

