

## Handout Three good things

- Sometimes we get caught in dwelling on negative events.
- We can help to consciously retrain ourselves to recognize and see positive events.
- Each day for at least a week, write down three positive things that happened that day.
- The events can be seemingly little things, or very major positive events.
- As you write about each thing, consider not only what happened, but what action you may have made and what actions others may have taken that contributed to the good thing? Also, consider how might you bring about more of these good things?

1.

2.

3.

Adapted from Martin Seligman, *Flourish*, 2011