

## Three Good Things: Handout

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Our minds more easily recall and dwell on negative, unpleasant events and emotions than they do positive and pleasant events. You may, for instance, more easily recall the unpleasant emotions that you experienced last week, than the pleasant emotions or events that took place within the same time period. One way to balance out this negativity bias is to cultivate a sense of gratitude – to be mindful about things that do go well for us.

**Instructions: Try recalling three positive things that happened to you last week.**

### Three Good Things: The Week Before

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Let's now try to be a little more mindful about the positive things that happen to us in the following week. For the next seven days, list down three good things that happened to you. You can be grateful for the simplest of reasons (e.g. I didn't experience a traffic jam on the way home on Tuesday).**

### Three Good Things: The Week Ahead

<b>Monday</b>	<ol style="list-style-type: none"> <li>1. _____</li> <li>2. _____</li> <li>3. _____</li> </ol>
<b>Tuesday</b>	<ol style="list-style-type: none"> <li>1. _____</li> <li>2. _____</li> <li>3. _____</li> </ol>

<b>Wednesday</b>	1. _____ 2. _____ 3. _____
<b>Thursday</b>	1. _____ 2. _____ 3. _____
<b>Friday</b>	1. _____ 2. _____ 3. _____
<b>Saturday</b>	1. _____ 2. _____ 3. _____
<b>Sunday</b>	1. _____ 2. _____ 3. _____