









## Three Good Things

	<b>Objective:</b> To cultivate a sense of gratitude over the course of one's week.
	<b>Time Requirements:</b> a. Preparation: 0-5 minutes b. Activity: 5-10 minutes
	<b>Items:</b> a. Three Good Things Handout
	<b>Learning Outcomes:</b> a. Enhanced ability to cultivate a sense of gratitude for personal well-being (EI Subskill 2: Managing Own Emotions)
	<b>Key Learning Point:</b> Choosing to deliberately grateful can help enhance one's sense of well-being and happiness.
Self-Disclosure: **	
Difficulty: Intermediate	

### Instructions

- For this simple activity, get participants to think about all the things that were stressing them out in the past week. Don't dwell too long on this opening self-reflection question, but help participants realize that it usually does not take very long for them to recall all the unpleasant, stressful incidents that they have experienced recently. Then, get participants to recall all the pleasant things that occurred within the last week. Unless they were particularly remarkable or very pleasant experiences, it would usually take a while longer for participants to recall these positive events. You can introduce the concept of the 'negativity bias' here, in which our minds more easily recall unpleasant emotions and events relative to positive ones.
- Distribute the Three Good Things Handout to participants. Tell participants that they are to keep a gratitude journal over the following week. To start off the activity, ask them to recall three good things that happened over the past week. Then, tell participants that they are to do the same every day for the next seven days. You can also inform participants that being mindful and aware of the things one can be grateful for is a way to counter the effects of our inherent negativity bias.

	<b>Reflection Questions:</b> a. Why was it easier to recall negative, unpleasant emotions relative to positive, pleasant ones?
	<b>Further Reading and References:</b> a. Wood, A. M., Froh, J. J., & Geraghty, A. W. (2010). Gratitude and well-being: A review and theoretical integration. <i>Clinical Psychology Review</i> , 30(7), 890-905. doi: 10.1016/j.cpr.2010.03.005
	<b>Note:</b> a. This activity might work better if you are planning to run a series of emotional intelligence building sessions stretched out over a week.