

3 Good Things

Let me tell you about something simple yet powerful that can truly make a difference in how we feel every day: it's called the Three Good Things exercise (you might have also heard it called "The Three Blessings").

Here's how it works: at the end of each day, take a moment to write down three things that went well and reflect on them.

It may sound too good to be true, but research shows this little daily habit can have a big impact on our well-being.

In one study, people tried this for just a week, and they reported feeling happier and less down. For those who stuck with it longer, the benefits lasted for up to six months!

Even more amazing? In another study, severely depressed participants practiced this for 15 days, and 94% of them saw their symptoms improve from severe to mild or moderate.

Isn't that inspiring?

This kind of exercise has actually been around in clinical settings for a while - therapists often recommend activities like this as homework for managing depression.

But what's different about the Three Good Things exercise is that it's all about focussing on the positive **on purpose**, not just as a way to fix what's wrong, but to help us grow and feel better in a lasting way.

It's a reminder that sometimes, small daily actions can lead to big changes in how we see and experience life.

Even if you feel like it's a too-good-to-be-true silly exercise... give it a try anyway, for at least 1 week, and see how it goes.

I believe you can stick with it!

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This exercise should be completed at the end of your day, just before you go to sleep.

1. Think of three positive moments from your day and give each a title.
2. Describe each event in as much detail as you can remember. Include what you did or said. If others were involved also include what they did or said.
3. Reflect on how the event made you feel at the time as well as how it makes you feel now as you recall it.
4. Consider what led to this event - why did it happen? You can also focus on how your actions contributed to making this good thing possible.

Top Tips:

- You could write this in your journal, or use the template on the next page.
- Use the example on the next page to help you if you get stuck.
- Don't worry about grammar or spelling - this is just for you!
- If you find that you are focussing on negative feelings, try to refocus on the good event and positive feelings that came with it. This can take effort and practice, but it will get easier with time and will make a lasting difference in how you feel.
- When you're feeling down, you might like to look back at what you've written to remind yourself of good things that have happened to you.

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Example

Something good that happened today was...



My partner made me a cup of coffee and brought it to me in my room while I was working. They beamed at me as they handed it over and I said thank you before they left.

This good thing made me feel...



Happy because it showed I was on their mind and being thought about. It made me feel loved and cared for.

This good thing happened because...



My partner and I love each other and they want to do kind things for me.

Good thing #1

Something good that happened today was...



This good thing made me feel...



This good thing happened because...



3 Good Things

Good thing #2

Something good that happened today was...



This good thing made me feel...



This good thing happened because...



Good thing #3

Something good that happened today was...



This good thing made me feel...



This good thing happened because...

