

3 Good Things




A GRATITUDE JOURNAL

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How to
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this
JOURNAL:





As we go through our lives, it's easy to give all of our attention to the things we wish were different. Sometimes we need to focus on things we want or need to change, but if this becomes our sole focus, it can become easy to take the good things that are already present in our lives for granted. When this happens, we can overlook the people and experiences that can bring us feelings of gratitude and connection.

When we take the time to remember and list three positive things that occurred each day, we connect more deeply with sources of goodness in our lives. When we make this a habit, it can change our moods and how we feel, which is why this practice is associated with significant increases in happiness.

To try this for yourself, set aside 5–10 minutes each day (often people do this right before they go to sleep at night) to remember and record three things that went well for you that day. They can be relatively small or large in importance. As you write, follow the instructions on the next page.

Step 1: Write a brief description of each event (e.g., “a professor complimented my work on an assignment,” “someone at Collis smiled and told me to have a good day”).

Step 2: Reflect on this event, and remember it in as much detail as possible, including what happened, how you felt at the time and how you feel now as you remember it. Take 1-2 minutes to reconnect with these feelings.

Step 3: Consider why each event occurred. What made these things happen in your life?

Use whatever writing style you want, and don't worry about perfect grammar and spelling. If you want to write more details, go ahead, and if you prefer to draw or doodle, go with that! Should you notice the presence of any negative thoughts or challenging feelings, refocus your mind on the good event and the positive feelings that came with it. This can take effort but gets easier with practice.

To make a real difference in how you feel, try to keep this practice up for at least 3–4 weeks!