

Three Good Things practice

Reflection

At the end of the day, take a pause and think back to three good things that you feel grateful for today (these could be moments/experiences/people/pets etc). They don't need to be big things; it could just be noticing the warmth of sunshine on your face or someone passing you in a corridor and giving you a smile or your pet snuggling up to you.

It's also possible that you haven't had an easy day today and it's hard to think of good things but maybe, even amongst the challenges, someone tried to support or comfort you or you had a helpful realisation.

Close your eyes and reflect on each of the good things in turn and connect with how they made you feel.

What were your Three Good Things?

Share them with someone and/or write them down here:

Today I feel grateful for...

1

2

3

Tip

- You might like to try doing this every evening for a week and seeing how you get on. It can be interesting to choose different good things on different days.
- You might find you enjoy it so much that writing down 'Three Good Things' every day becomes a part of your daily life – the research shows this can have a positive impact on our sense of wellbeing.