

Three Good Things



10 Minutes



This is a simple but powerful tool to help you realise what you have done well this week and how that makes you feel. Pick a day and fill in this worksheet. Repeat this on a weekly basis. You could also write this exercise in a journal.

List three things that you did in the past week and that went well:

1.

2.

3.

How did that make you feel?

List three things that you want to achieve next week:

1.

2.

3.

How would you feel after accomplishing them all?