

Three Good Things

	What went well today?	What was your role in making it happen?	What positive emotion do you experience as you think about this?
Day 1	1. 2. 3.	1. 2. 3.	1. 2. 3.
Day 2	1. 2. 3.	1. 2. 3.	1. 2. 3.
Day 3	1. 2. 3.	1. 2. 3.	1. 2. 3.
Day 4	1. 2. 3.	1. 2. 3.	1. 2. 3.

Day 5	1. 2. 3.	1. 2. 3.	1. 2. 3.
Day 6	1. 2. 3.	1. 2. 3.	1. 2. 3.
Day 7	1. 2. 3.	1. 2. 3.	1. 2. 3.