



Instructions: Record three good things each day. Next to each positive event that you list, write a reflection (at least one sentence) about one or more of the following topics:

- Why this good thing happened
- What this good thing means to you
- What you can do tomorrow to enable more of this good thing
- What ways you or others contribute to this good thing

Date: _____

Good Thing 1:

Reflection:

Good Thing 2:

Reflection:

Good Thing 3:

Reflection: