

Resilience: "Skill of the Month"



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KEEPING THE JOURNAL

How do I use a journal to Hunt the Good Stuff?

Use the Hunt the Good Stuff Journal to record 3 good things each day...

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 contributed to this good thing*

What is the skill?

"Hunt the Good Stuff" is a skill in which you notice everyday positive experiences or discover something positive through a set-back or problem. "Reflect" on the positive experiences to think more about and savor the experience.

B.L.U.F.

- Hunt the Good Stuff helps to build Optimism.
- Hunt the Good Stuff builds positive emotion, such as gratitude.

Key Principles

- **Counteract the Negativity Bias:** You can counteract the Negativity Bias—the tendency to pay more attention to bad events than positive events—by recording three good things on a regular basis.
- **Optimism:** Optimism is a primary target of Hunt the Good Stuff.