

3 GOOD THINGS

Reinforcing positive emotions



Think about three things that went well for you today, and write them down. They can be anything that brought you a bit of happiness – significant or small.

When writing, remember to think about: How did this make you feel at the time?
How do you feel about it now? Why do you think this happened?

1

Good thing:
What happened?

2

Good thing:
What happened?

3

Good thing:
What happened?

Using this exercise

This exercise is designed to help you focus on positive events in your life, no matter how small.

Based on positive psychology theory, this is a guide for you to develop new, positive habits.

This exercise can be used to consciously make time to reflect, and encourage awareness of positive events.

This is based on the scientific evidence published in Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60(5), 410.

The PDF is editable, and pages can be duplicated to create a living document of reflections .

Pages can also be printed and kept as blank copies, ready to be completed by hand.

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