

Toolkit 1 - Learning Unit 11 Pre intervention

Activity 5b - Exercise – Three Blessings



Exercise

Information:

The Three Good Things exercise is intended to increase happiness and a sense of wellbeing. Human beings have evolved to spend much more time thinking about negative experiences than positive ones.

Method:

Each night before you go to sleep:

1. Think of three good things that happened today.
2. Write them down.
3. Reflect on why they happened.

Sheet:

Day	Good Thing number 1	Good Thing number 2	Good Thing number 3
<i>Example</i>	<i>Got a hug from a friend</i>	<i>Had a calm moment</i>	<i>Saw the huge support</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			