

Cultivating Gratitude

“Three Good Things”

One of the most powerful interventions and one of the easiest to perform.

Write down three good things that happened each day for a week. These can be small in importance, for example:

- I completed a piece of school work today.
- I phoned a friend/relative.
- We exercised in the garden.

Next to each positive event write about at least one of the following:

- Why did this good thing happen?
- What does this mean to you?
- How can you have more of this good thing in the future?