

Three Good Things

Each day, briefly write down 3 good things that happened to you.

Day 1

1. _____
2. _____
3. _____

Day 2

1. _____
2. _____
3. _____

Day 3

1. _____
2. _____
3. _____

Day 4

1. _____
2. _____
3. _____

Day 5

1. _____
2. _____
3. _____

Day 6

1. _____
2. _____
3. _____

Day 7

1. _____
2. _____
3. _____