Three good things

An Everyday Insight tool
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Each night, write down three things that went well today. Next to each one, write why you think it happened. They can be small, like a good cup of coffee, or bigger. Writing the why is what makes this more than a list. It turns your attention to good things and to what brings them about.

The exercise comes from a 2005 study by Martin Seligman and colleagues, who asked people to do it every night for a week. Try it for a week, then see whether you want to keep going.

Why it happened. What you did, what someone else did, or what made it possible.

Day 1

Date

	What went well	Why it happened
1		
2		
3		

Day 2

Date

	What went well	Why it happened
1		
2		
3		

Day 3

Date

	What went well	Why it happened
1		
2		
3		

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Day 4

Date

	What went well	Why it happened
1		
2		
3		

Day 5

Date

	What went well	Why it happened
1		
2		
3		

Day 6

Date

	What went well	Why it happened
1		
2		
3		

Day 7

Date

	What went well	Why it happened
1		
2		
3		

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