



THREE GOOD THINGS

This activity is proven to reduce stress and increase happiness. You also will likely sleep better, have good dreams, and feel an increased sense of well-being and happiness.

Every day for a week think of three good things that happened. Then answer each of these questions in writing.

1. Give a title to what happened
2. List the details of what happened.
3. How did you feel when it happened?
4. How do you feel now?
5. Why do you think the event happened?
