



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?

POSITIVE AFFIRMATIONS

Positive affirmations are statements you can write down and repeat that can help to encourage positive changes in your life.

Write your positive affirmations on a notecard and leave in a spot you will see them throughout the day like a bathroom mirror.

examples:

- I am great at drawing.
- My brain is powerful.
- I'm great at figuring things out.
- I believe in myself.