

Positive

TEACHER NETWORK

3 Good Things

Diary

Name:.....

School:.....



How to start

Research (Seligman et al. 2005) shows that when we take time to appreciate the good things in our day we programme our mind to notice more and more good things. Generally, this helps to make us feel happier because we stop taking the good things for granted. Even on what seems like a bad day, there are always small good things to notice.

Ask yourself the following three questions every day for 1 week:

1) What did you enjoy today?

Example: I enjoyed chatting to my friend at break because she told me something funny about her weekend.

2) What went well today?

Example: It went well getting to school on time even though I got up late!

3) What are you grateful for?

Example: I'm grateful that my friend shared her lunch with me because I forgot to make any.

You can write down big or small things. Try and include 'why' you chose those things. This helps us think a little deeper about why they were good.



When we start to notice more positive things in our day, we start to feel more positive about other things too.

It can be lovely to share your positive things with other people too. You might want to do this with a classmate once you have completed your diary.

Monday

1) What did you enjoy today?

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2) What went well today?

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3) What are you grateful for?

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Tuesday

1) What did you enjoy today?

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2) What went well today?

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3) What are you grateful for?

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Wednesday

1) What did you enjoy today?

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2) What went well today?

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3) What are you grateful for?

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Thursday

1) What did you enjoy today?

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2) What went well today?

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3) What are you grateful for?

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Friday

1) What did you enjoy today?

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2) What went well today?

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3) What are you grateful for?

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Saturday

1) What did you enjoy today?

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2) What went well today?

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3) What are you grateful for?

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Sunday

1) What did you enjoy today?

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2) What went well today?

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3) What are you grateful for?

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Enjoying keeping track of all your good things?

Just because the week is up, doesn't mean you have to stop. You can keep going for as long as you like. Or you could share this with a friend, family member or your teacher and enjoy listening to their 3 Good Things too.

