



Three good things gratitude practice

- Take some time to reflect on the past 24 hours.
 - Write down three things that went well, three highlights of your day.
 - Think of three things that went well, three highlights of your day.
 - Reflect only on the positive things that happened during the day.
 - Our minds tend to focus on the negative thoughts associated with reflecting on our day, so be vigilant and direct your mind to focus on the good things.
 - This practice will enable you to learn to manage your negative bias in remembering things.
1. Write down the three good things, the three things that went well, the three highlights of your day.
 2. If you didn't find it too difficult to come up with three good things, try to think about your role in making the three good things happen.

1.

2.

3.

TIPS:

- **Writing down** is vital as it helps you to focus on the events in a properly structured way.
- **Reflecting** on what you did is essential, as it adds to your sense of control and perceived well-being.
- **Frequency** is significant. Research suggests that to achieve appreciative results, either do it every day for one week or try it once a week for six weeks.