

THREE GOOD THINGS

Being grateful is about much more than just saying “thank you.” It’s about not taking things for granted and having a sense of appreciation for life. People who are grateful tend to be *happier, healthier and more fulfilled*. Being grateful helps people cope with stress and decrease negative thoughts, beliefs and emotions.

Write down three good things that happened to you today. They can be anything you feel good about or are grateful for.

Try doing this activity every day for one week.

Make sure to have your “go to” list for days that are more negative or difficult.

Spend a few extra seconds thinking and *feeling* about each item... taking in the good!

1.

2.

3.

**"Happiness is not something ready-made.
It comes from your own actions"
- Dalai Lama**