

Reflecting on the positives

3 Good Things



Self-care is not selfish or self-indulgent, you need to be resourced if you are to stay well or support others.

In this first module in this series, we are focusing on your emotional wellbeing, what may affect it and some of the things you can do to improve it. In this reflective exercise, we want to focus on some of the positive things going on in your life, things which can help boost your emotional wellbeing.

With that in mind, why not take a few minutes to jot down three good things which have happened to you recently? It could be three things which have happened today or this week, small daily things like your partner being pleased that you washed the dishes after dinner, or bigger achievements like getting a promotion at work.

Use the boxes below to record your 'Good Things'. For each one, write down exactly what happened, how it made you feel at the time and how it made you feel later. You can include as much detail as you want to, write in a style that suits you, and don't worry about things like grammar and spelling - it's only intended for you, so it's only you who needs to understand it.

If you find yourself focusing on negative feelings, try to take your mind back to the good things and the positive feelings which came with it.

Good thing 1:

Good thing 2:

Good thing 3:

The inspiration for this exercise comes from Greater Good in Action, and you can find more info and advice on completing the exercise on their website:
<https://ggia.berkeley.edu/practice/three-good-things>