**Three Good Things**

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**A mindful, pro-positivity practice.**

Why this practice:

Due to the wonderful neuroplasticity of the brain, we can train our minds to notice and appreciate the good things more easily. Supposedly “happy people” do not feel negative emotions less, they feel positive emotions *more*. Noticing the positive more often leads to decreased stress and increased sense of satisfaction. Like with any other skill, this takes practice. Three Good Things allows us to practice the art of finding and appreciating the positive and is surprisingly powerful when practiced consistently (*adapted from Kristen Racey, PhD. www.mindfullifetoday.com)*.

What to do:

Take a moment each day to sincerely acknowledge three positive aspects of a situation. It could be about your day overall, your place of work, a particular relationship, or yourself and your life in general. They do not have to be “big” things. This practice works just as powerfully by noticing small positives, too! The more specific and authentic, the better.

Examples:

* A positive interaction with a client or coworker
* Managing a difficult situation well
* Success at meeting a work goal
* Success at meeting a self-care goal
* Appreciation for any aspect of life: the sunrise, favorite song on the radio, a good meal, time with family…

Ways to do it:

There are many ways to apply this powerful tool. Here are some of the ways that others have found fun and useful:

* Make a daily reminder or two on your phone each day to notice three good things in your day so far. Example: in the afternoon and evening.
* Create an agreement with a friend to text three good things to them and vice versa. Holding each other accountable encourages sustainability of the practice and sharing your good things

is very powerful!

* Start meetings with three good things that have happened this week, this quarter, this year so far.
* During dinner, ask each person to identify three good things they experienced so far today.