

## Three Good Things...

This exercise is based on the premise that the more you practice noticing the good things in your life (however small) the more of them you notice.

***Here's the scenario:***

***At the end of each day, after dinner but before sleep, write down three good things that went well during the day. Do this every night for a week. The three things could be relatively small in importance or relatively large – what matters is that you find three of them!***

***After each positive event, consider “Why did this good thing happen?” and make a note of this explanation too.***

Research has found that people who practice this regularly, find that they sleep more soundly and feel happier as they greet the next day. By reviewing their notes on “why” these good things have happened they get closer to their sense of personal values and purpose in life and experience a greater sense of wellbeing.

What will you discover?