

Three Good Things

Each day write down three things that went well for you that day, and provide an explanation for why they went well. To make this exercise part of your daily routine, writing late in the day or before bed may be helpful.

Consider creating a prayer space in your house for this exercise. Place a cross or crucifix nearby or even an icon or a religious picture. Make this space one that helps you enter into a prayerful mindset that is conducive for reflection.

It's important to create a physical record, so be sure to write down what went well— don't simply do the exercise in your head.

The items can be relatively small in importance (“My coworker made the coffee today”) or relatively large (“my sister gave birth to a healthy baby boy”). As you write, follow these instructions:

1. Begin with prayer, and ask God to help you review your day and see those moments in which you experienced gratitude.
2. Give the event a title (“Coworker Complimented My Work on a Project”).
3. Write down exactly what happened in as much detail as possible, including what you did or said and, if others were involved, what they did or said.
4. Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
5. Explain what you think caused this event, why it came to pass.
6. Use whatever writing style you please, and don't worry about perfect grammar and spelling. Use as much detail as you'd like.
7. If you find yourself focusing on negative feelings, refocus your mind on the good event and the positive feelings that came with it. This can take effort but gets easier with practice and can make a real difference in how you feel.
8. End your time by thanking God for your day and what you are grateful for and invite God to be with you tomorrow.