

Good Things

Sometimes it's hard to see good parts in life. This exercise will help you shift your brain to recognize good things in your life; good in your past, present and open you to seeing the good in the future. Anything that feels good to you counts. Perceived size or significance is not important. Good is good. Training your brain to look for good in any area will make that your default behaviour in all areas!

1. What good things happened today?

(Good doesn't mean monumental. It could be a smile from a stranger, a nice text, a delicious sandwich!)

2. What good things happened in the past 90 days?

(These things might be more notable than daily tiny joys but they don't need to be massive accomplishments. Hair cut, coffee date, a walk with a friend, project wrap-up?)

3. What good things may happen in the next 1 - 7 days?

(Anything big or little that will feel and be nice, not stressful. It's okay if they don't happen, it's not a test!)

4. What good things are you looking forward to in the next 90 days?

(Remember to include anything that feels good to YOU, whether others may agree or not - this is your list!)

Tough love note: None of these squares should be left blank or "impossible" to fill out. If so, you may be sitting in victim-mentality mode. Time to let go of what you're keeping in your path. You've got this.

a little bit better