

My 3 Good Things Journal

To keep you feeling positive, simply record 3 good things each day, no matter how small. Making this a part of your daily routine will lead to you noticing the small things in life that will help you deal with the big things. This is for adults and children. Alternatively, look up the 'Three Good Things – A Happiness Journal' app. There are others available on your app store.

	Something I did well...	This was interesting...	I'm proud because...
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			