



ENLIGHTEN EXERCISE #46

Three Good Things

At the end of the day (e.g., before bed), write down three things that went well during the day.

Do this every night for one week.

The three things can be relatively small in importance or relatively large in importance. Your explanations can be brief.

Note: This exercise has been shown in published research to be associated with increasing general life satisfaction and happiness¹

1.

2.

3.

¹ Seligman, M. et al., (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60, 410-421