

Try “THREE GOOD THINGS” for 21 Days

Difficulty: CASUAL

Frequency: 1X/DAY

Duration: 10 MINS

Best Time: Write in the EVENING OR BEDTIME, Review in the MORNING or Vice Versa

WHY YOU SHOULD TRY IT

Our brains are naturally wired to focus on problems—what went wrong, what we missed, what we fear. While this helps us survive, it doesn’t always help us thrive. Gratitude can be a powerful counterbalance.

The **Three Good Things** practice helps you shift your focus to what’s working in your life. It trains your brain to recognize beauty, kindness, and progress—no matter how small. Over time, this practice can boost happiness, reduce stress, and build emotional resilience.

HOW TO DO IT

1. **Set Aside 10 Minutes**

Choose a quiet time, ideally at the end of the day. Grab a journal, notebook, or digital note app.

2. **Recall 3 Good Things**

Think back over your day. Identify **three things** that went well, big or small. It could be:

- “I had a delicious cup of coffee.”
- “A friend texted to check in.”
- “I finished a task I’d been avoiding.”

3. **Write Each One Down with Detail**

For each event:

- **Give it a title.** Example: “*The barista smiled at me.*”
- **Describe what happened.** Where were you? What did you say or do? Who else was involved?
- **Note how it made you feel.** In the moment and now, as you remember.
- **Reflect on why it happened.** What brought this good thing into your life?

4. **Focus on the Positive**

If negative feelings creep in, gently refocus on the goodness of the moment. This may feel awkward at first—but it gets easier with practice.

EVIDENCE IT WORKS

- In a study from the University of Pennsylvania, people who did this exercise for one week felt significantly happier for up to six months.
- It has shown benefits for diverse populations—from teens in Kenya to cancer patients in China.
- Gratitude journaling has been linked to better sleep, improved mood, and stronger relationships.

“The good life doesn’t require a perfect day. It requires a grateful one.”

— *Dr. Dave*