

# 3 GOOD THINGS



POSITIVE  
MINDS

This exercise has been proven to improve wellbeing by top scientists.  
Give it a try every evening for only 1 week and see the difference  
reflecting on the positive can make!

Why did it happen?

What did it mean to me?

How can this happen more in the future?

**Good thing 1.**

**Good thing 2.**

**Good thing 3.**