

Three Good Things

Research has shown that practicing positivity and gratitude for the little things that give us pleasure every day can greatly improve our overall wellbeing. Although big exciting events like holidays are good to look forward to, evidence shows more benefit from the little pleasures in life such as appreciating family time, walks on the beach, and living in the moment.

Gratitude blocks negative emotions and enhances positive ones. Those who practice gratitude regularly report being more alert, happy and optimistic as well as other physical benefits.

Thinking about three things that have gone well or made us smile can improve our mood, help us feel more positive and able to cope.

This is particularly useful when things are tough.

Small things are best. It could be anything from a smell, sound or touch. It could be something you have done or something someone has done for you.

You can use the template below to write down three good things every day...

three good things...	
1.	
2.	
3.	
How did this make you feel?	