

3 good things happened today!

This is an activity from positive psychology
– the “science of happiness”

Each day this week, think of three good things that happened?

They can be big things or little things.

Write them. Why did they happen?

Write a reason.

Example:

Good thing ① *Dinner tasted great tonight.*

Why? *My mom's a good cook.*

OR *I was really hungry.*

OR *Pizza is my favorite.*

OR *I helped make dinner.*

Day one: _____ *day*

Good thing: ① _____

Why? _____

② _____

Why? _____

③ _____

Why? _____

Day two: _____ *day*

Good thing: ① _____

Why? _____

② _____

Why? _____

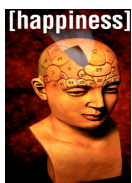
③ _____

Why? _____



Ideas:

- good food
- friends and family
- a beautiful day
- something...
 - ... that was fun
 - ... nice someone did
 - ... nice you did
 - ... that made you smile
 - ... that made you laugh
- someone...
 - ... helped you
 - ... said something nice.
 - ... said, “Thank you.”



Science Fact: People who do this everyday for a week are usually happier for the next six months. They feel better, are less depressed and continue noticing good things.

Sources: Seligman, M. 2011. *Flourish*. New York: Free Press, p. 33-34. and Seligman, M., Steen, T., Park, N. & Peterson, C. “Positive Psychology Progress:: Empirical Validation of Interventions,” *American Psychologist* 60 (2005): 410-21.

Day three: _____ *day*

Good thing: ① _____

Why? _____

② _____

Why? _____

③ _____

Why? _____

Day four: _____ *day*

Good thing: ① _____

Why? _____

② _____

Why? _____

③ _____

Why? _____

Day five: _____ *day*

Good thing: ① _____

Why? _____

② _____

Why? _____

③ _____

Why? _____

Day six: _____ *day*

Good thing: ① _____

Why? _____

② _____

Why? _____

③ _____

Why? _____

Day seven: _____ *day*

Good thing: ① _____

Why? _____

② _____

Why? _____

③ _____

Why? _____

**Speaking task
(optional)**

Next week, work with a partner. Choose 2-3 of the best things to talk about. Tell your partner. Partner, ask questions:



who, when, where,
what, how, why

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Dedicated to my mom.
We used to do this together.