

Today's Three Good Things

Designed by Miss Robson

Sometimes, the best way to stay positive is to actively focus on the *good* things.

Take time each day to write three *good* things that have happened. Even the little things can count, like if you had your favourite cereal for breakfast or saw a cute dog while you were out for a walk.

Anything that made you happy or smile, proud or grateful, counts as *good*.

You can print out the next two pages and make your own little booklet to write in each day, or you can make your own!

I hope you enjoy looking for all the *good* things. You might even encourage someone else to think of their *Three Good Things* too!



My Book of Three Good Things



NAME: _____



Today's Three Good Things



1. _____

2. _____

3. _____

DATE: _____

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1. _____

2. _____

3. _____

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