



## The Three Good Things Activity

- ❖ This is a simple and lovely activity you can do by yourself or maybe as a family.
  - ❖ Although it is a simple activity research suggests that it can increase levels of happiness.
  - ❖ The activity was developed by Martin Seligman known as the founder of Positive Psychology.
1. Every night before going to sleep take some time to reflect on your day and think of three good things that happened. These things could be small or big- depending on what you have been up to. They could include chatting with a friend on the phone, enjoying a nice cup of coffee, going for a walk, playing or finishing a piece of work. Try and do this for a week to start off with.
  2. Write your three good things down – this is important. You could write them in a journal or notebook or there are apps available too. As you write them down try and think about why they happened and how they made you feel. This might feel a bit difficult at first.
  3. After a week take a look at what you have written. Notice how you feel as you read and recall the good things you've written down.
  4. Try and make this a habit. You may choose to do it every day or two to three times a week.

For further information, to see a clip of Martin Seligman talking about the activity and links to useful apps follow the link:

<https://www.actionforhappiness.org/take-action/find-three-good-things-each-day>

