



Three Good Things Worksheet

Noticing and being grateful for the big and the small is a way you can find happiness each day. Each day for two weeks think of three good or positive things you did or noticed and write them down. Start on the day of the week it is for you and fill out each day until you've completed one week, then move on to the next week!

Week One

Monday

1. _____
2. _____
3. _____

Tuesday

1. _____
2. _____
3. _____

Wednesday

1. _____
2. _____
3. _____

Thursday

1. _____
2. _____
3. _____

Friday

1. _____
2. _____
3. _____



Saturday

1. _____
2. _____
3. _____

Sunday

1. _____
2. _____
3. _____

Week Two

Monday

1. _____
2. _____
3. _____

Tuesday

1. _____
2. _____
3. _____

Wednesday

1. _____
2. _____
3. _____

Thursday

1. _____
2. _____
3. _____



Friday

1. _____
2. _____
3. _____

Saturday

1. _____
2. _____
3. _____

Sunday

1. _____
2. _____
3. _____

Now that you have filled out the entire worksheet, take some time to reflect on the things you wrote down and think about ways you can be continue to be aware of the positive in your life.