

# BUILD AN “ATTITUDE OF GRATITUDE”: THREE GOOD THINGS EXERCISE

THANKS!



This positive intervention is simple and easy to do. Each day, list three things that went well for you and why they went well.

Research shows that individuals who intentionally cultivated gratitude in this way had decreased depressive symptoms and increased happiness for six months<sup>1</sup>.

For example, you might write out the following:

1. *Because my partner did the dishes last night, this morning I woke up early, and I was able to catch the sunrise during my morning coffee.*
2. *Today, I finished a project at work because one of my co-workers stayed later to help.*
3. *It was sunny outside, which meant that I could take a walk during my lunch break.*

Notice that each example has two parts: 1) the moment that went well, and 2) why it went well. This echoes the two parts to gratitude: 1) acknowledging the good, and 2) recognizing who or what caused it.

Something that went well today was...

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Something that went well today was...

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Something that went well today was...

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<sup>1</sup>Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive Psychology Progress: Empirical Validation of Interventions. *American Psychologist*, 60(5), 410–421.

Gratitude activity based on the evidence-based intervention in Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). *Positive Psychology Progress: Empirical Validation of Interventions. American Psychologist*, 60(5), 410–421.

