

What Went Well Exercise.

Instructions:

1. Set aside 5-10 minutes each day, before you go to bed, to write down/record 3 things that went well for you that day. It can be in a journal, a Word or Google Docs, or your phone, whatever is most convenient for you.

Variation: *You can do an audio or video document if that works better for you.*

These items need not be exotic or of earth shattering importance. They can even be something very simple. The idea is to capture things that you view as a positive in your day. All kinds of bad things could have happened to you that day, but this exercise is interested in finding the positives of the day.

Some examples:

- *Went on a bike ride with my husband/wife/friend and explored some new trails.*
- *Saw an interesting new movie with my friends.*
- *Tried a new recipe today.*
- *Helped a friend with homework*
- *Cleaned out my closet.*

2. Besides each item write a quick explanation about why it may have happened. For example:

- *It was nice weather, we were both free and I took advantage of it. We don't always get time to ride together, we need to take advantage when we can. Now we also have a different way and distance we can go.*
- *I accepted their invitation to hang-out. They have good taste in films.*
- *I'm trying to eat more vegetarian food. With all the fresh produce available at this time of the year, it is worth learning to cook different items.*
- *I saw a friend struggle with homework that I understood, so I explained it to them.*
- *My closet is small and was too cluttered with all the winter and summer clothes in there. It's nice to pack or give away clothes that I do not wear in the summer/or any more.*

3. Commit to trying the exercise for at least two weeks. If it doesn't do anything for you, feel free to stop. If it does, keep going.