

ACTIVITY GUIDE

Organizational Development & Learning

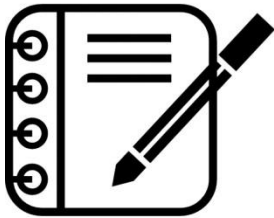
Three Good Things

Have you ever heard of the activity “Three Good Things” set by J. Bryan Sexton? This activity is meant to increase positive emotions and decrease negative emotions. We naturally focus on the negatives that can create unnecessary stressors. Use this activity to begin focusing on the good things that happen every day.



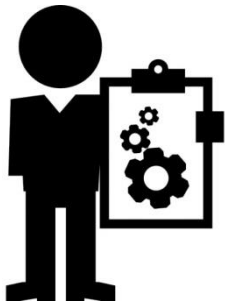
TIME

10 Minutes



MATERIALS

Pen and journal



DIRECTIONS

Each night before bed, think about three good things that happened to you during that day.

Take 5 minutes to think about how those things made you feel

Then spend 5 additional minutes writing them down and thinking about why you are grateful for those things.



DEBRIEF

Ask participants to look at the list every week and pick one thing that they can share with the team (via meeting, email, text, etc.)

Keep it up for at least a couple weeks if not indefinitely.