

# Three Good Things: A One-Week Gratitude Worksheet

Depression narrows attention toward what went wrong. This exercise, studied in positive psychology research, gently retrains attention. Each evening, write three things that went well today and a few words about why. They can be tiny: a good cup of coffee counts.

## Day 1

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Day 2

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Day 3

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Day 4

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Day 5

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Day 6

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Day 7

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### EDUCATIONAL USE ONLY

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