

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. _____

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