FOR YOU, FROM YOUR COACH, THERAPIST OR TEACHER

Your gratitude journal: how to start

3gratitudes

Each evening, write down 3 things that went well today, and a few words on why. It takes about two minutes. Doing this for a week or more is one of the best-studied ways to notice more of what goes right.

The easy way: by email

Scan the code or go to
3gratitudes.com
You get one short email each evening. Reply with your 3 good things, and they're kept in a private journal. Free, no app.

How to do it

i. **Pick a moment.** Just before bed works for most people.

ii. **Be specific.** Not "my family", but "Mila called just to say hi".

iii. **Add why.** One line on why it went well. This is the part that makes it work.

iv. **Missed a day?** Just carry on. Small and often beats perfect.

> AN EXAMPLE EVENING
>
> i. Sam made soup without being asked. He knew I'd had a long day.
>
> ii. I finished my book while the bus was late.
>
> iii. I said no to an extra project and felt fine about it.

Your journal is private. Nobody else reads it, including the person who gave you this sheet.

NOTES