Three good things: a weekly journal

3 specific good things every day

Day	Good thing 1 (and why)	Good thing 2 (and why)	Good thing 3 (and why)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

> Be specific: "My coworker helped me with a deadline because she noticed I was stressed" works better than "work was fine".