



Three Good Things Exercise

Spend a few minutes each night right before you turn off the lights to recall and write down three good things that happened today. These things can be anything that went well, both the big (a kick-ass presentation) and the small (smiling at the coffee vendor in the morning before your first sip of caffeine). Well, that's a pretty big of you too...but you get the point. *Note: it is important to write down why that good thing happened, what enabled the positive event.

Positive event 1: What good thing happened today and why?

Positive event 2: What good thing happened today and why?

Positive event 3: What good thing happened today and why?

Three Good Things (optional):

According to Dr. Martin Seligman on his website www.ReflectiveHappiness.com (worth checking out), writing three good things before bedtime may increase the likelihood of having delightful dreams. By the way, sweet dreams have been shown to boost life satisfaction. So, what's to lose!

Things you can do to improve your chances of slipping off to dreamland with a smile...

1. Give your positive event a distinct name (helps you to remember it).
2. Create a visual movie of your good event (detail is good).
3. As you nod off, play your movie in your head while repeating the name of the event. Oh and don't forget to set out the intention to dream.
4. In the morning, jot down what you remember of your positive dream.