

THREE GOOD THINGS JOURNAL

Each day, write three good things that happened – big or small. Note why each was good and what it means to you. Do this daily. Watch your mindset shift.

THING 1: WHAT HAPPENED TODAY

WHAT HAPPENED TODAY:

WHY IT WAS GOOD / WHAT IT MEANS TO YOU:

THING 2: WHAT HAPPENED TODAY

WHAT HAPPENED TODAY:

WHY IT WAS GOOD / WHAT IT MEANS TO YOU:

THING 3: WHAT HAPPENED TODAY

WHAT HAPPENED TODAY:

WHY IT WAS GOOD / WHAT IT MEANS TO YOU:

What you appreciate, appreciates.
Build the man you're becoming.