

Building your Resiliency Muscle with Christine

Three Good Things: A Gratitude Practice

Our brains are hard wired to take more notice of the negative or not so great things that happen to us. Taking notice of and recalling the good and positive things that happen to us may not always be the primary focus of our thoughts. This exercise helps us to build our ability to notice the good things big or small so that we can notice everyday beauty and goodness – such as the smile of a stranger or the fresh air of a chilly morning. By noting three positive things that happened in our day as well as taking a few moments to consider what caused it to happen allows us to turn our attention to the innate goodness that exists in our everyday life. Take 10 minutes each day for one week to try this exercise:

1 WHAT GOOD THING HAPPENED TODAY?

HOW DID THIS MAKE YOU FEEL?

HOW DID THIS MAKE YOU FEEL LATER, INCLUDING NOW?

WHAT DO YOU THINK CAUSED THIS GOOD THING TO HAPPEN?

2 WHAT GOOD THING HAPPENED TODAY?

HOW DID THIS MAKE YOU FEEL?

HOW DID THIS MAKE YOU FEEL LATER, INCLUDING NOW?

WHAT DO YOU THINK CAUSED THIS GOOD THING TO HAPPEN?

3 WHAT GOOD THING HAPPENED TODAY?

HOW DID THIS MAKE YOU FEEL?

HOW DID THIS MAKE YOU FEEL LATER, INCLUDING NOW?

WHAT DO YOU THINK CAUSED THIS GOOD THING TO HAPPEN?