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# Three's a Charm



BE ON THE LOOKOUT FOR GOOD!

Dr. Martin Seligman, a psychologist and champion of positive psychology, uses this “three good things” exercise to teach well-being, hope, optimism and resilience.

Like gratitude practices, it may motivate you to be on the lookout for good—even in that half-glass of water. Along with that, this exercise may inspire you to pay closer attention as you move through your routines.

For one week, write down three positive things that happen to you each day. Beside each thing, consider one of these questions:

## 1. Why did it happen?

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## 2. What does it mean to you?

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## 3. How can you have more of this good thing in the future?

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