



3 GREAT THINGS!

WHEN WE WRITE DOWN 3 THINGS THAT WE ARE GRATEFUL FOR EACH DAY, OR 3 GREAT THINGS THAT HAPPENED EACH DAY, IT HELPS US TO FEEL BETTER, LIFTS OUR MOOD AND STOPS US WORRYING AS MUCH. IT HELPS US TO BECOME MORE OPTIMISTIC, HAPPY AND CALM.

MONDAY

- 1ST GREAT THING:
- 2ND GREAT THING:
- 3RD GREAT THING:

TUESDAY

- 1ST GREAT THING:
- 2ND GREAT THING:
- 3RD GREAT THING:

WEDNESDAY

- 1ST GREAT THING:
- 2ND GREAT THING:
- 3RD GREAT THING:

THURSDAY

- 1ST GREAT THING:
- 2ND GREAT THING:
- 3RD GREAT THING:

FRIDAY

- 1ST GREAT THING:
- 2ND GREAT THING:
- 3RD GREAT THING:

SATURDAY

- 1ST GREAT THING:
- 2ND GREAT THING:
- 3RD GREAT THING:

SUNDAY

- 1ST GREAT THING:
- 2ND GREAT THING:
- 3RD GREAT THING: