

Recharge

WITH **H.E.A.R.T.**[™]

Three Good Things Worksheet

Noticing and being grateful for the big and the small is a way you can find happiness each day. Each day for two weeks think of three good or positive things you did or noticed and write them down. Start on the day of the week it is for you and fill out each day until you've completed one week, then move on to the next week!

WEEK 1

MON

1. _____
2. _____
3. _____

TUE

1. _____
2. _____
3. _____

WED

1. _____
2. _____
3. _____

THU

1. _____
2. _____
3. _____

FRI

1. _____
2. _____
3. _____

SAT

1. _____
2. _____
3. _____

SUN

1. _____
2. _____
3. _____



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WEEK 2

MON

1. _____
2. _____
3. _____

TUE

1. _____
2. _____
3. _____

WED

1. _____
2. _____
3. _____

THU

1. _____
2. _____
3. _____

FRI

1. _____
2. _____
3. _____

SAT

1. _____
2. _____
3. _____

SUN

1. _____
2. _____
3. _____

