

# THREE GOOD THINGS

## "My Goodness" Vlog!

Research done by **Positive Psychology experts** has proven that showing gratitude daily can be a very powerful tool.

Professor Sonja Lyubomirsky , Professor Martin Seligman and others have proven that talking/ writing about the good in your life increases happiness, decreases depression, helps one feel in control of one's life and makes those who practice it stronger and more resilient.

So... WHY NOT TRY IT?

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### **There are three simple steps to this exercise**

- ❖ Every night, just before you go to bed, sit down for a while and look back at your day.
- ❖ Think of 3 things that went well during the day. Really think about them: What happened? What exactly made you happy? Why?
- ❖ Then, video yourself talking about these three things *in English*. If you don't like vlogs, write them. You could share them with someone, but you don't have to.

### **Some points to help you find your three good things are:**

- ❖ One good thing that happened at your work/school/house today.
- ❖ One useful support you had received today.
- ❖ One act of generosity or kindness you did today.
- ❖ One thing that brought a smile to your heart today.

**And that's it!**

**For great results, it is best to do it daily.**

**If you cannot, do it weekly but keep at it for at least a month.**

This is a great way to practice thinking in English, speaking or writing in English and feeling better all at the same time.

- ❖ Here are some videos you could watch about positive psychology:

<https://happyproject.in/three-good-things/>

<https://positivepsychology.com/benefits-of-gratitude/>

- ❖ Here are some more ideas where to look for happiness:

[https://www.pinterest.com/pin/185492078391027925/feedback/?invite\\_code=adc648cd608949de854775d598fe9df6&sender\\_id=862861747265015832](https://www.pinterest.com/pin/185492078391027925/feedback/?invite_code=adc648cd608949de854775d598fe9df6&sender_id=862861747265015832)

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