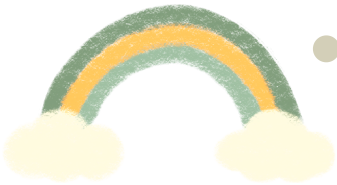
THREE GOOD THINGS



Write down three good things that happened to you each day or three things you are grateful for!

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.

Happiness does not depend on what you have or who you are; it solely relies on what you think.
-Buddha

NOTE