

three Blessings™

Every night for the next week, right before you go to bed, write down three things that went really well today. These things can be ordinary and small in importance.

circle the day of the week

S M T W T F S

1. Positive event I:

Why did this good thing happen?

2. Positive event II:

Why did this good thing happen?

3. Positive event III:

Why did this good thing happen?

Optional: Sweeter Dreams

After you have completed your list of good events and your explanations for them on any night, pick one good event that you would like to dream about. Positive dreams increase life satisfaction and consolidate the memories of good events, so it is worth the effort to try to influence your dreams.

Doing the following will increase your chances of having a positive dream:

- Give the positive event a name
- Visualize it
- As you go to sleep, say the name over and over, visualize it, and intend to dream about it

In the morning, write down your positive dream:

Note your mood when awakened in the morning: