

THREE GOOD THINGS

Our brains tend to be more reactive to negative than positive information, which is referred to as the negativity bias. Therefore, it can sometimes be difficult to focus on and appreciate the positive parts of our lives.⁶

The negativity bias has an evolutionary explanation; that is, to recognize threat in order to keep us out of harm's way. However, this means negative information holds more psychological weight! Therefore, we have to work a little harder and put in more effort to recognize positivity.⁸

The three good things activity is one way for us to make positive information more salient by purposefully bringing our attention to, and appreciating all the little (or big) positive events that happen throughout each day. It is very easy to do!^{1-5,7}

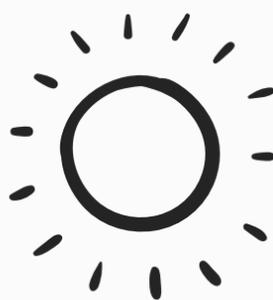
STEP ONE

Think back over the last 24 hours and consider experiences that were pleasant and/or enjoyable.



FOR EXAMPLE...

That first sip of coffee in the morning, the sensation of the sun or breeze on your face, the moment you met that deadline, or the moment you submitted an assignment...



STEP TWO

Think of that experience, remember the positive feelings you felt in those specific moments, and imagine that feeling in your body as if you were re-experiencing... savour that feeling and picture yourself living those moments once again.



STEP THREE

Write it down! You can keep a notebook by your bedside and write down three good moments you had from your day every night before you go to sleep.

Alternatively, there are **mobile apps** that are designed to provide a place for you to take note of the great parts of your day! [Click here for an example!](#)

This practice will help foster feelings of gratitude and remind you that there will always be good moments, even on the hardest of days.