

R.E.A.L GoalsSM: Three Good Things

(Realistic, Easy, Attainable, Life Goals)

Example: I will write down three good things every day for 14 to 21 days. (It takes at least 14 days to create a habit.)

The benefits:

- Feel happier
- Higher level of thankfulness and appreciation
- Increased gratitude
- Decreased depression

Helpful guide:

- Give the event a title (example: Coworker complimented my presentation vs. I had a good day).
- Write down exactly what happened in as much detail as possible. Include what you did or said and, if others were involved, what they did or said.
- Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
- Explain what you think caused this event - why did it happen?
- Use whatever writing style you please, a don't worry about grammar or spelling. Use as much detail as you'd like.
- If you find yourself focusing on negative feelings, refocus your mind on the good event and the positive feelings that came with it. This can take effort but gets easier with practice and can make a real difference in how you feel.
- Other ideas: Write down five things you are thankful for.

Ideas:

- What was one way you made the most meaningful use of your time today?
- What one good thing happened at your work/school/home?
- What was one useful support you had from your relationship today?
- What was one good act of generosity or kindness you did today?
- What was one thing that brought a smile to your heart today?

Activities to practice:

- Spend time with friends and family and share your appreciation of them.
- Volunteer
- Start a gratitude jar. Write down things you are grateful for on a piece of paper and add them to the jar so you can watch how much you have to be grateful for.
- Send thank you cards to anyone you know, thanking them for something they do that makes a difference in your life. Or send an email to a coworker thanking them, even for something minor.

Resources for more ideas:

- [14 Health Benefits of Practicing Gratitude According to Science](#) by Positive Psychology
- Apps: [Three Good Things](#), [Live Happy](#), or [Gratitude](#)
- [Want to be Happy? Be Grateful.](#) Ted Talk by David Steindl-Rast

Explore more [Real Goals and Supplemental Resources](#)

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)