**Three Good Things**

Optimism does not come naturally for everyone. With practice we can change how we think and react. This exercise is a first step towards becoming more optimistic. List three things you are grateful for. Practice this exercise often by writing them down or simply thinking about the things you appreciate.

**Three things I am grateful for:**

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| **Date** | **Grateful #1** | **Grateful #2** | **Grateful #3** |
| *Today* | *Family* | *Job* | *Health* |
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