

Looking For The Good Daily Writing Worksheet -- how to look at one's daily experience from a positive perspective, develop an attitude of gratitude and an ability to look for the good in all situations (even when they appear bad.)

Gratitude: What am I grateful for today? List 5 things. Every day, try to list at least 2 new things.

Growth: What did I do today that I feel proud of **OR** which shows **a good quality** about myself?

Good: List at least 2 concrete, simple, measurable acts of goodness based on your personal and direct experience of the day.

What are 2 good things that someone did for me today? AND/OR
What are 2 good things that I observed other people doing for each other today?

***Giving:**^{opt} What did I do for others today? What did I do for myself today?

***Grasping:**^{opt} Did I try to use other people to serve my purposes? What did I learn about myself from that? Do I think that this is something I need to change? If so, what is something concrete that I can do tomorrow to change this?

***Action Plan:**^{opt}

- Consider making one of your daily goals a commitment to practice one daily act of kindness a daily.
- Do something kind for someone that you don't like.
- Do at least one act of kindness a day anonymously.

*This section is more on character development which is also helpful for looking for the good.

Glitches: What did not go well today? List

Gains from Glitches: What did you gain from the glitch? What was the positive aspect of this difficulty?

Goals: What are my goals for tomorrow? The goals have to be **S.M.A.R.T.** goals:
S.M.A.R.T.: Simple, Measurable, Attainable, Realistic and Timely.

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