

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.

Waking up: When you wake up in the morning, take 10 breaths, breathing in and out naturally. Then, before you get out of bed, write down 3 things that you are grateful for.

Before bed at night: Before you go to sleep, take 10 breaths, breathing in and out naturally. Then, before you go to sleep, write down 3 things that you are grateful for.

Instructions: Each gratitude must be different. Every day, write a total of 6 different gratitudes.

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

Good: What good did I experience or witness today?

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:** What did I do for others today?

Suggestion: make the commitment to practice one daily act of kindness a daily. Consider it one of your daily goals. Higher level: do something kind for someone that you don't like. Make it anonymous.

Examples: Was I willing to inconvenience myself to help another person today?

Was I willing to let others' needs be satisfied before my wants?

Did I help another person without waiting to be asked?

*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 did this situation help you to appreciate?

* The goal of the writing is to develop an attitude of gratitude and an ability to look for the good in all situations even when they appear bad.

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.

Where am I heading in terms of achieving my goals?