

WEEK 1

Starting now, write down 3 things daily, that have been good - start with the easy stuff,

e.g. 'the sun was shining on my journey to work'

Next write down why it was good, and what difference it made to you. 'It put me in a good mood, so I had a happier, more productive morning at work'

WEEK 2

Expand - Increase your daily list to 5 things.

Include what you've noticed that's different, what you're proud of, and what you're looking forward to

WEEK 3

Write down as many points as you can daily, continue to expand on why each was good, and what difference it made to you

