

# My Personal Profile: Three Good Things

Gratitude means being thankful for something. Some scientific studies have found that people who regularly take the time to think about things for which they're thankful are often more positive, sleep better, and are less likely to get sick. Even when things in your life aren't going so well, it can be helpful to take some times to think about some things that are good. You can be thankful for big things or small things. It could be as simple as being thankful it was a warm and sunny day, or that someone said something nice, or that something lucky happened.

For the next week, take some time on at least four days to stop and think about three things for which you are grateful. Write them down here. After you finish four days, answer the questions and make a poster that shows some things for which you are thankful.

Day One

- 1.
- 2.
- 3.

Day Three

- 1.
- 2.
- 3.

Day Two

- 1.
- 2.
- 3.

Day Four

- 1.
- 2.
- 3.

After completing four days, answer the following questions (use the back of the page if you need more space):

1. Does looking at your lists now give you a positive feeling or bring back happy memories?
2. Do you think doing this exercise made you feel good (or better) this week? Why or why not?
3. Do you think this exercise would be helpful in the future? Why or why not?