Hunt the Good Stuff Journal

This activity is based on the work by Martin Seligman and colleagues. The goal is to help you recognize the “good stuff” that occurs in your daily life. Recognizing the little good things can help increase your optimism- a characteristic that can lead to resilience.

* Record three good things each day in a journal or notebook.
  + Make a pattern of doing this every day.
* Next to each positive event that you list, write a reflection about
  + Why this good thing happened
  + What this good thing means to you
  + What you can do tomorrow to enable more of this good thing
  + What ways you or other contribute to this good thing