

AWARENESS ACTIVITY 4: Positive Emotions



Positive emotions involve experiencing such feelings as appreciation, joy, passion, excitement and freedom. Research in positive psychology suggests that people's decisions to reflect on good things actually contribute to their psychological wellbeing. When people focus on the positive and recognize what is going right within their lives, they embrace a more positive outlook. Even during more difficult times, there are also good things worth recognizing and celebrating!

Positive Emotion Activity: Three Good Things

At the end of each day this week, write three good things that happened – things that went well, things that you enjoyed, or things for which you were grateful.

After a week, review what you have written. Reflect and focus on the good things that have occurred in your life.

Are there any themes? What conditions (environmental, social, professional) made it possible for these positive things to happen?

With a colleague, discuss small-step changes that you might make in your life in order to create more positive environments, relationships and feelings. What changes could you make that might enhance your personal resiliency?

Three Good Things

Day: _____

The first good thing:

The second good thing:

The third good thing:

