## Three Good Things – the Gratitude Journal

**Method:** Every evening for three weeks, take a few minutes to write down three good things that happened to you that day and your role in making those good things happen. These can be “big” or “small” things. Repeat once per year. Duke University. Bite-sized resilience: three good things  
https://www.youtube.com/watch?v=57ru-P7EuMw

## Signature Strengths

**Method:**
- Complete the Signature Strengths, Self-Rating Scale
- Write a brief note about how you’ve used your top strengths in your life or work.
- Bonus – activity: once per week for a month, spend a few minutes thinking about how you might use one of your signature strengths even more.

This exercise might be used when trying to initiate an improvement (or self-improvement) initiative.

## Building Optimism

**Method:** Spend a few minutes – imagine and write a brief note about your best possible future (in five years):
- Week one: your best possible social relationships and how to realize this future.
- Week two: your best possible physical health and well-being, how to realize this future.
- Week three: your best possible contribution to your community, how to realize this future.

Repeat once per year.

## Gratitude Letter Activity

Think of someone who has done something amazing for you, this person can be alive or no longer with us. This person contributed to your well-being in a big way. Spend the next few minutes writing a brief note, telling this person what they did, how it impacted you, and the benefits you have received. Be genuine, kind and appreciative in your note.

Positive psychology studies suggest that this activity will increase your happiness, reduce burnout or depression. The expected impact is even greater if you make a gratitude visit – go and see that person, read the letter to them.
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<thead>
<tr>
<th><strong>Gratitude Visit</strong></th>
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<tbody>
<tr>
<td><strong>Method:</strong> Think of someone who has done something amazing for you, this person can be alive or no longer with us. This person contributed to your well-being in a big way. Spend a few minutes writing a brief note, telling this person what they did, how it impacted you, and the benefits you have received. Be genuine, kind and appreciative in your note.</td>
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<tr>
<td>If this person is still with us, visit them – read your letter to them. If this person is not still with us, share your gratitude with someone close to you.</td>
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<tr>
<th><strong>Altruism</strong></th>
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<td><strong>Method:</strong> Perform three kind acts for others in a single day. Record them in a note – only for yourself. Repeat twice per year (or more often if you like).</td>
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<th><strong>Resiliency</strong></th>
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<td><strong>Method:</strong> Try a new way to increase your regular physical activity level. Repeat twice per year.</td>
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**Applications**

Outline a plan for how you can promote the use of resiliency tools in your organization.

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