

WELLBEING ACTIVITY



GRATITUDE
THREE GOOD THINGS



"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom."

Marcel Proust
French Novelist



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Welcome

INTRODUCTION

Putting positive psychology into practice begins here.

Welcome to your activity booklet, a dedicated resource designed to help you tap into the transformative power of gratitude in your daily life. Within these pages, you'll find the "Three Good Things" exercise—a simple yet profound practice that encourages you to focus on the positive moments that often go unnoticed. While life presents its fair share of challenges, this exercise reminds us of our ability to cultivate joy and resilience by acknowledging the good around us.

Crafted by experts in positive psychology and compiled by Work on Wellbeing, this booklet reflects our commitment to equipping individuals, workplaces, and communities with valuable tools for enhancing wellbeing. We invite you to approach this activity as a personal journey. Take a moment each day to reflect on three good things, no matter how small, and discover how this simple shift in perspective can enrich your life.

We'd love to hear about your experiences and how you're integrating gratitude into your daily routine.

Let's embark on this journey together toward a more fulfilling and joyful life!

THREE GOOD THINGS

Research

This exercise is also known as 'count your blessings'. Gratitude is strongly associated with higher wellbeing. The science indicates it is possible to become more grateful and strengthen the character trait of gratitude.

When people were asked to list things they are grateful for on a daily basis, they listed things such as:

- Fresh strawberries
- Going to the beach
- Watching live sport
- Singing in the shower
- Clean sheets
- Receiving a letter
- The smell of fresh bread
- Looking at old pictures
- A new pair of socks
- A big mug of hot cocoa
- Campfires
- Sitting in the sunshine
- Laying in a hammock
- Having a laugh with friends
- Finding a \$5 note in an old jeans pocket
- Waking up before the alarm goes off
- Having a warm bath
- Sitting in front of a fire on a cold day
- A good book
- When someone laughs at your jokes
- A whole day with nothing to do
- Spending time in nature
- Backyard sport
- Watching kids play
- Sleeping in
- Bushwalking
- Music
- A cup of tea

Advice

A good time to complete this exercise is just before going to bed. You can also do it during breaks when reading or watching evening TV. Implementing a reminder strategy, such as setting a regular alarm or leaving a journal next to your bed, will help you remember to complete this activity.

Also, think about if this activity will benefit you on an ongoing basis by completing it every day or once a week. Find a schedule that suits you.

Three Good Things activity provided by Dr Aaron Jarden, adapted by Langley Group.
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THREE GOOD THINGS

Goal

The goal of this exercise is to increase gratitude by focusing on good things that happen each day.

Instructions

TASK #1 - Cultivating Gratitude

Your task is to take some regular time each day to think of three things you are grateful for. These can be big things such as good health, supportive relationships and career successes, or little things such as a perfect cup of coffee or hearing your favourite song on the radio.

Write down three things at the end of each day for a week. Try to write new items each time. The aim is for you to take the time to be thankful for aspects of your life that may go unnoticed. Here is an example:

MONDAY

Today I am / was grateful for:

- A surprise call from Maria - she is such a treasured friend
- That strategy meeting at work was a success - I received some great feedback on my project
- The smell of cut grass after mowing the lawn

TASK #2 - Thanking Others

Once you are taking more notice of what you are grateful for, start also appreciating who you are grateful for in your relationships. For example, take time out of your day to say thanks to the person who may often be unappreciated. Go out of your way to thank a friend, partner, family member or work colleague for things and behaviours that have become routine or expected. Be specific when thanking people, so instead of saying "thanks", clearly outline how they have helped you or others. For example, "Thank you for helping me out by picking up my children from school. You really made my busy day easier, and I am really grateful."

THREE GOOD THINGS

MONDAY

Today I am / was grateful for:

.....

.....

TUESDAY

Today I am / was grateful for:

.....

.....

WEDNESDAY

Today I am / was grateful for:

.....

.....

THURSDAY

Today I am / was grateful for:

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.....

FRIDAY

Today I am / was grateful for:

.....

.....

THREE GOOD THINGS

SATURDAY

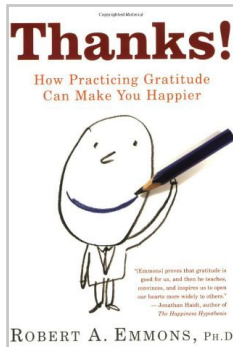
Today I am / was grateful for:

SUNDAY

Today I am / was grateful for:

REFLECTIONS AND LEARNINGS

THREE GOOD THINGS

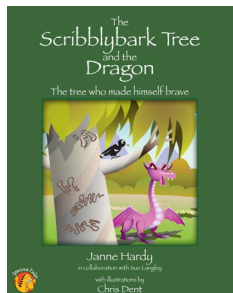


More resources

THANKS! HOW THE NEW SCIENCE OF GRATITUDE CAN MAKE YOU HAPPIER

by Robert Emmons

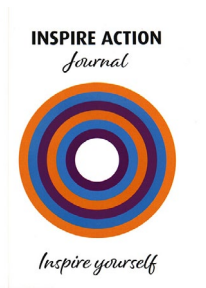
Robert Emmons examines what it means to think and feel gratefully and invites readers to learn how to put this powerful emotion into practice.



THE SCRIBBLYBARK TREE AND THE DRAGON

by Janne Hardy and Sue Langley

An illustrated fable to engage children and adults in appreciating, sharing and amplifying positive experiences. Includes the Three Good Things activity.



INSPIRE ACTION JOURNAL

by Sue Langley

Recording your grateful thoughts in a journal will help you to improve positivity and enhance your levels of flourishing. Comes with an optional set of Inspire Action Cards to facilitate reflection and learning.

Langley Group Institute

—
Where science meets
life-changing growth.



Let's connect!

ABOUT LANGLEY GROUP INSTITUTE

At The Langley Group Institute, we're dedicated to transforming lives with positive psychology and wellbeing science.

As an Australian Registered Training Organisation (RTO #40655), we offer government-accredited courses that blend learning with application. Our courses translate the latest science into actionable strategies you can immediately apply to your personal and professional life.

Our students join a community of like-minded people on a journey to better themselves and the people around them. You'll learn from an inspiring team of experts who help you get the most out of your experience, whether you're learning face-to-face or online.

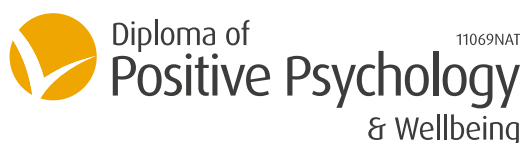
The best part of our courses lies in their impact. As you enhance your own wellbeing, you'll also gain the tools to influence those around you and create a ripple effect of positive change and transformation.

OUR COURSES

Become the architect of your wellbeing with our [Certificate IV in Wellbeing Science](#).



Ignite personal growth and fuel positive change with our [Diploma of Positive Psychology and Wellbeing](#).



Find out more about our courses;
click here:

[BOOK A CALL](#)

Or, if you're ready for a positive step forward,
click here:

[ENROL NOW](#)

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