Three Good Things

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Three Good Things

As human beings, we have evolved to spend much more time thinking about negative experiences than positive ones. We spend a lot of time thinking about what isn't right, what has gone wrong and how to fix it, or how to do it differently next time.

In the past there may have been an evolutionary advantage to this way of thinking, since it seems to be innate. However, for modern humans this negative bias is the source of a lot of anxiety and leads to lower levels of emotional intelligence.

Luckily, by re-directing our thoughts on purpose towards positive events, we can do a lot to correct this negative bias.

This method was created by psychologist Martin Seligmann, who is considered to be the expert on Positive Psychology. He is the director of the Positive Psychology Center at the University of Pennsylvania. The Three Good Things practical activity has been scientifically demonstrated to be effective using double-blind testing methods.

Now that you have completed the course,

Step 1: Think about anything good that happened as you went through the course. It can be anything at all that seems positive to you. It need not be anything big or important.

Step 2: Write down these three positive things.

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Step 3: Reflect on why each good thing happened. Determining why this happened is the most important part of the activity. You get to decide reasons for each event that make sense to you.

Doing a simple activity like this at the end of each day focusing on your daily experiences will help improve your focus on positives and will develop your happiness and your emotional intelligence.

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