

THREE GOOD THINGS IN LIFE

Instructions: Each day, please write down three things that went well and three things that you are thankful for. Try to think of new things you are thankful each day! Make sure you share your list with your partner at the end of each day.

Note: You will receive this worksheet in a fillable PDF form in a separate email. Feel free to print the worksheet out and complete it by hand if that is easier for you. This worksheet will not be turned into the study; it is just for you and your partner!

Monday	Three Things That Went Well	Three Things I am Thankful For
	1. 2. 3.	1. 2. 3.
Tuesday	Three Things That Went Well	Three Things I am Thankful For
	1. 2. 3.	1. 2. 3.
Wednesday	Three Things That Went Well	Three Things I am Thankful For
	1. 2. 3.	1. 2. 3.

THREE GOOD THINGS IN LIFE (continued)

Thursday	Three Things That Went Well	Three Things I am Thankful For
	1. 2. 3.	1. 2. 3.
Friday	Three Things That Went Well	Three Things I am Thankful For
	1. 2. 3.	1. 2. 3.
Saturday	Three Things That Went Well	Three Things I am Thankful For
	1. 2. 3.	1. 2. 3.
Sunday	Three Things That Went Well	Three Things I am Thankful For
	1. 2. 3.	1. 2. 3.