

FOCUSING ON THREE GOOD THINGS



Helping YOU
Choose a happier,
More fulfilling life

What you pay attention to affects how you feel. If we focus on all of the things we could have done better, or that undermined our plans for the day, we feel unhappy. As humans we tend to recall things that were problems or dangers more clearly than the good things, and our successes. This probably serves us in evolutionary terms as we learn from the negatives, which leads us to survive a future day. However, there is a tendency to overuse this inborn tendency, lying awake into the night, mulling on the things we failed to do, or that went wrong. To counter this natural tendency, here is an exercise to refocus you on the positive. Research shows people feel happier and more satisfied six months after engaging in this practice for one week. (It feels good, so people continue to use some form of it by habit.)

In the evening, perhaps as you get ready for bed (some people put a sticky-note on their bathroom mirror as a reminder to do this while brushing their teeth), think through you day asking yourself:

What are three things that went well for me today?

- 1.
- 2.
- 3.

What did I do to help make each good thing happen?

- 1.
- 2.
- 3.

You may have to look hard – maybe one of the things that happened was you enjoyed a beautiful sunset. You know you didn't cause it to happen, but you did take the time to notice it. Try this for one week as a conscious exercise. You may find that it then becomes a natural part of how you think of your day and your life.

