



THREE GOOD THINGS

Purpose & Focus

When faced with disappointment, we acknowledge our feelings and then we think of three good things in our lives too.

Participants

Any number of participants.

Time Allotment

5 – 15 Minutes

Activity Level

Low

Materials

No materials required

Method

- Ask: Do you ever feel disappointed?

Listen to the participant's answers.

- Ask: How did that make you feel?

Acknowledge the participant's feelings and, if appropriate, talk about them.

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- Explain: Even when we are disappointed, there are good things in our lives, too.

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- Ask: Can you name three good things?

Coaching Tips

- The point of this exercise is not for participants to sweep their feelings under the rug; it's to remember that they can feel two things at once: sad, hurt, or disappointed by challenges while still being grateful for the good things.
- If the participants have trouble identifying good things on their own, you can help them brainstorm.
- The phrase "three good things" can become a playful and humorous response to the minor upsets that show up in life.