

**Good
things
come In
Threes**

Self Awareness

At the end of each day before going to sleep, write down three things that went well during the day. Do this every night for a week. The three things you list can be relatively small or large in importance.

After each positive event on your list, answer in your own words the question: “*What part did I play in making this good thing happen?*”

Self Regard

- List down three things that you do well. They are things that take no extra effort. Often you can do them so well that you have difficulty explaining how you do them.
- Now list three things where you have limitations. These are not things you have not tried or have tried only a few times. You know that you will be no more than average at these.
- Against each of these write down the name of a person who has limitations in your areas of strength and strengths in your areas of limitations.

More on this later,,,,,,,,,,,,,,,,,,,,,,,,,,,,,

Self Actualising

In three minutes write down as many things that you can think of that you really want to do before you die.

More on this later,,,,,,,,,,,,,,,,,

Kindness

Doing something unasked for someone else benefits the happiness of the giver. Try to carry out three random acts of kindness each day. Donate blood, take a neighbours dog for a walk, buy someone in need a real cup of tea, ask if anyone else need something photocopied on your way to the copier.

Forgiveness

Think of three people who have wronged you whom you have never explicitly forgiven, although it would help you to do so.

Write a letter to each of these individuals describing in concrete terms why you forgive him or her.

Do not send these letters unless you really want to do so and are sincere in your forgiveness.

Always forgive your enemies; nothing annoys them so much.

—Oscar Wilde

Future pull:

The future can cause the present

Write a letter from your future self to your current self from a place you are happier and have resolved the issues that are concerning you now

From [five years/two months/ten years/one year] from now

Describe where you are, what you are doing, what you have gone through to get there, and so on

Tell yourself the crucial things you realized or did to get there or write about some crucial turning points that led to this future

Give yourself some sage and compassionate advice from the future

“The best thing about the future is that comes only one day at a time.” –Abraham Lincoln