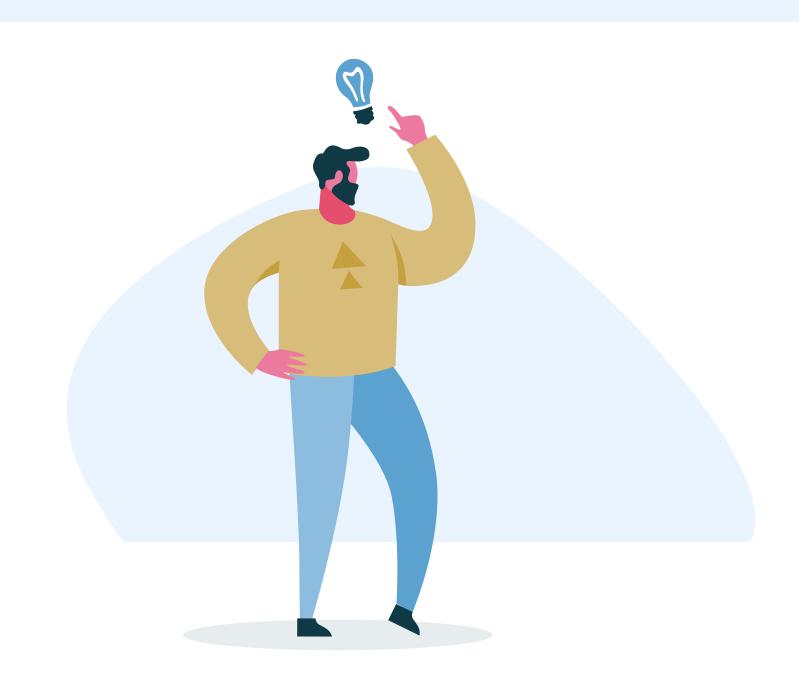
Exercise sheet

3 POSITIVE THINGS



Every night before you go to bed, think of three moments from your day that you enjoyed.

It can be little things like: "I enjoyed having a bath" or "I enjoyed talking to my friend on the phone" or "I enjoyed eating a bar of chocolate in the sunshine". Trust me, even on the worst day ever, you can always find three things!

Example:

