



LIVING THE PLEDGE
Self Care for Safe Care

November and December are Three Good Things months

We tend to remember our mistakes and failures more often than our successes. Three Good Things helps us to retrain our brains to remember the good things.

Actions You Can Take to Live the Pledge in November and December

1) Share information about Three Good Things

a. Post a new poster every 2 weeks promoting Three Good Things

- [Train Your Mind](#)
- [Everyday Good Things & Possible Benefits](#)
- [3 Positive Experiences](#)

2) [Share a video](#) on the impact of Three Good Things

3) Encourage everyone in your community (i.e., leaders, staff, residents, families, volunteers) to practice Three Good Things each night for at least 2 weeks before they go to bed. ([Tool: 3 Good Things Worksheet](#))

4) Build Three Good Things into your workday. Here are some examples of how:

- Hang posters on the walls around the campus (or just a large sheet of easel paper), add a few Good Things to get the list started and encourage others to add their Good Things
 - [8.5 x 11 Poster](#)
 - [11x14 Poster](#)
- Start meetings asking staff to share one Good Thing from today or the day before
- Encourage staff to ask residents in the evening to share at least one Good Thing that happened to them or they noticed that day (e.g., dessert was good, it was a beautiful day to sit outside, their family came to visit or called). Staff in turn can share one Good Thing that they noticed or that occurred that day.

3 Good Things Tips:

1. Write down three good things, or something positive noticed during the day, like a beautiful sunset
2. It is more effective if you write by hand rather than using an electronic device
3. The items you write can be short and specific. For example, a good thing could be a smile from a friend or an unexpected compliment at work
4. It is best to start the exercise on a Monday
5. It is most effective to practice writing down Three Good Things right before you go to sleep each day