



LIVING THE PLEDGE
Self Care for Safe Care

3 GOOD THINGS

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.

Benefits of 3 Good Things

- Becoming more aware of good events increases happiness and decreases depression. Other benefits include:
 - * Improved sleep quality
 - * More positive relationships
 - * Reduced levels of burnout
 - * Increased focus on positive experiences



How can you practice 3 Good Things?

- Every night for at least 2 weeks, set aside 3-5 minutes before you go to sleep.
- Grab some paper and jot down three things that went well that day.
- It could be as simple as a smile, a kind word, a clear sky, the smell of rain.



Happiness is Contagious – Pass It On!



3 Good Things

Every night for at least two weeks, set aside three to five minutes right before you go to sleep. Grab some paper and jot down three things that went well that day, and note why they went well.

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