

THREE GOOD THINGS BEFORE BED

 CLASSIC THREE GOOD THINGS 
WORKSHEET



GOOD THING 1



WHAT MADE YOU SMILE TODAY?

DATE: _____

GOOD THING 2



WHO OR WHAT ARE YOU GRATEFUL FOR?



GOOD THING 3



WHAT DID YOU ACCOMPLISH OR LEARN?

WEEKEND WINS REFLECTION

- ✓ A NEW EXPERIENCE: _____
- ✓ A MOMENT OF PEACE: _____
- ✓ A PROGRESS MILESTONE: _____