mygrow

Master the **Three Good Things** technique

Three Good Things

It's all in the details.

Have you tried a little detail?

If your "Good Thing" is too brief it provides less positive material for your mind to remember and enjoy - give yourself more positive surplus! You're in charge.

Instead of this...

What is a good thing that happened in the last day or so?

I had my haircut yesterday.

Why? What made it possible?

It was possible because I went to the hairdresser.

Try this...

What is a good thing that happened in the last day or so?

I had my haircut yesterday and I'm really glad because I checked it off my to-do list and it helped to boost my confidence.

Why? What made it possible?

It was possible because I was disciplined this week in scheduling the appointment after making an admin to-do list, and I'm privileged to have a job which means I can afford a haircut.

Could there be more to your "Why?"

Let's look at an example then consider the below categories when answering your "Why?"

What is a good thing that happened in the last day or so?

The presentation for work is finally done - I feel like I got a good response from the team - feeling motivated and grateful after all the nervousness and hard work.

Why? What made it possible?

Financial

I can afford to pay the bus fare to get to work in the morning, and my daily effort provides for me financially to be able to develop myself in a work capacity, increasing my strengths.

Skills / Strengths
(Emotional / Mental / Physical / Technical)

I am skilled in presenting to people, even though I still get nervous I am growing in my ability to carry across my point well.

Decisions / Choices

I chose to put time and effort into preparing for the presentation and made the decision to do it despite being afraid of making mistakes.

Health

I'm physically healthy enough that I can maintain a job, and mentally healthy in that I'm able to withstand ordinary pressure from work challenges.

Beliefs

Perhaps your personal belief system or elements of it were involved in why you feel your good thing was possible.

Any of these responses are great options for why the "Good Thing" was possible. Try using one of these categories next time to explore new possibilities.

Have you really answered why your "Good Thing" was possible?

... or did you just answer why it was positive?

Instead of this...

What is a good thing that happened in the last day or so?

I had a great time with my friends last night.

Why? What made it possible?

Because we all had fun together watching a movie.

Try this...

What is a good thing that happened in the last day or so?

I had a great time with my friends last night.

Why? What made it possible?

It was possible because I have friends that care about me, who I enjoy spending time with. I set aside time to have fun and build into my friendships.

In the first example the "Why" only answers why it was a great time or why it was positive, not what made the great time possible.

The second example explains what made the great time possible!
It answers the "Why".

But remember that explaining why it was a great time / positive still makes the "Good Thing" stickier - so add it for bonus positive surplus!

How negative is your "Good Thing"?

...hopefully not at all - but here's how to tell.

Can your "Good Thing" become mostly good but a little bad?

Yes it can. It's called **Negative Framing.** And it's not good for you!

Take a look at this...

What is a good thing that happened in the last day or so?

My colleague gave me credit in front of our boss for the portfolio I helped him put together. He usually takes all the credit himself, so it was about time.

Why? What made it possible?

He decided to stop taking undue credit for himself, maybe he realised that it's not truthful.

Instead re-frame your "Good Thing" so that it's all positive, like this...

What is a good thing that happened in the last day or so?

My colleague gave me credit in front of our boss for the portfolio I advised him on. While in the past he hasn't done this, it's helpful to see that he's making the effort to change in this area.

Why? What made it possible?

He's making a good effort to learn to give others credit, we're all learning in different areas. It was also possible because I made the choice to use my skills and provide helpful advice.

But if you're struggling to re-frame your "Good Thing", choose a different "Good Thing" which can be all positive.

Negative framing

1. Actually pushes the negative feelings under your positive words.
2. It's like adding a little bit of cat food to your cupcakes and expecting it to still be delicious.
3. It turns your "Good Thing" into a negative - It can no longer be positive!

Avoid even the smallest hint of finger-pointing, hurt, frustration, anger, bitterness, resentment or disappointment. You want an all good, "Good Thing" - so you can sit and mellow in the positivity.

Say no to cat food cupcakes!

Who made your "Good Thing" possible?

It's not me, it's you, or maybe it's actually me...

Often your "Good Thing" will be the result of an **Inside-Happening** made possible by you! Decisions You've made, choices you followed, skills you used, actions you took.

Other times your "Good Thing" may be the result of an **Outside-Happening** made possible by something else (Beautiful sunset, warm summer day) or someone else (Someone else's skills, decisions or actions.)

Whether it was the result of an "Inside-Happening" or an "Outside-Happening" plays a big part in the impact that your "Good Thing" has on you!

Inside-Happening

You

Outside-Happening

Someone or Something else

So let's look at who or what made your "Good Thing" possible. Was it something you did or something someone else did? Or perhaps both? Or maybe something that just happened? For each "Good Thing", look at who made the "Good Thing" possible.

And ask, was it an Inside-Happening?
(Something that happened because of a choice you made?)

Or an Outside-Happening?
(Something that happened because of a choice someone else made, or a reality outside of your control.)

For example...

What is a good thing that happened in the last day or so?

Met with my boss today about the project I'm handling and he said he was happy with the progress I've made and feels that it will be very effective.

Why? What made it possible?

Inside-Happening

It was possible because I have been working really hard on this project and I have been diligent in focussing at work and putting my all into it.

Why? What made it possible?

Outside-Happening

It was possible because my boss is encouraging and doesn't overlook her employees, but rather recognises hard work and verbally honours it.