

THE “THREE BLESSINGS” EXERCISE

The Three Blessings exercise (*) is intended to increase happiness and a sense of wellbeing.

SUMMARY

Each night before you go to sleep, set aside about 10 minutes:

1. Think of three good things that happened today.
2. Write them down.
3. Reflect on why they happened.

EXERCISE

This exercise is to be done each night before going to sleep.

1. Think about anything good that happened to you today. It can be anything at all that seems positive to you. It need not be anything big or important. For example, you might recall the fact that you enjoyed the oatmeal you had for breakfast. On the other hand, you might also recall that your child took its first step today. Anything from the most mundane to the most exalted works, as long as it seems to you like a good, positive, happy thing.
2. Write down these three positive things. It can be more than three. But it can never be less than three. You can write them down anywhere you like: a journal or your computer ... Whatever works best for you.
3. Reflect on why each good thing happened. Determining the "why" of the event is the most important part of the exercise. For example, you might say that your oatmeal tasted really good this morning because your partner took the time to go shopping at the local farmer's market, where they have fresh, organic oatmeal. Or you might say that your child took its first step today because God was pouring blessings down upon your family, or because it really wanted to get to some cookies on the table. You get to decide reasons for each event which make sense to you.

() This exercise comes from the work of Martin Seligman and you can find details in his book “Authentic Happiness”.*