

HUNT THE GOOD STUFF

What is the skill? Hunt the Good Stuff is used to notice positive experiences to enhance optimism, gratitude and other positive emotions.

When do I do it? Hunt the Good Stuff on a regular basis in order to counteract the Negativity Bias.

How do I use it? Write down three positive experiences from the day and write a reflection about why the good thing happened, what the good thing means to you, what you can do to create more of the good thing, and/or what ways you or others contributed to the good thing.

Good Thing #1

Reflection

Good Thing #2

Reflection

Good Thing #3

Reflection

Good Thing #4

Reflection

Good Thing #5

Reflection
