**Three Good Things Campaign** 

It is very easy… Before leaving work for the next 30 days simply write down three good things that happened to you today or three things that you are thankful for. Gratitude has a powerful impact on our physical and emotional wellbeing.

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| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |
| 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |
| 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |
| 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |
| 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |
| 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |