

Hunt the Good Stuff Worksheet

Some days we have a tendency to focus on the negative. By doing this, we diminish all the *good* and positive things in our lives. Looking for or hunting the good stuff can lift your mood and refocus your mind on the pleasant and enjoyable things in life. Sharing the good stuff with others can lift their mood too!



What is good stuff?

- A big or small event, accomplishment, or milestone
- Any area of your life you are content with or happy about
- Something positive about you or anyone else in your life
- Something about the natural world you enjoy
- Something you are grateful for or feel is a blessing in your life.

In the space below, **record three good things and reflect on each:** Why did this good thing happen? What does the thing mean to you? What can you do to enable more of this good thing to happen? What ways did you or others contribute to the good thing?

Good Thing #1 _____

Reflection: _____

Good Thing #2 _____

Reflection: _____

Good Thing #3 _____

Reflection: _____
