

Fostering Wellness Exercise

5 Good Things

Time Required: 2 minutes

- Think about the *positive things* in your life.
- Make a *list of all the things that went well* for you in the past 24 hours. The items can be relatively small in importance (e.g., “I slept well”) or relatively large (e.g., “I kept my sick patient alive today”). If you are stuck and cannot think of anything that went well, consider the following questions:

1. *What touched me today?*

[e.g., a client said ‘thank you,’ I got a hug from the mother of my patient, I spent time with my significant other]

2. *Who or what inspired me today?*

[e.g., my faculty/supervisor said I gave a stellar presentation, one of my peers volunteered at a local shelter, my team won a big game]

3. *What made me smile today?*

[e.g., my peer made time to have lunch with me today, I discharged a tough patient, I made it to work on time]

If you find yourself focusing on negative feelings, **refocus your mind** on the good event and the positive feelings that came with it. This can take effort but gets easier with practice and can make a real difference in how you feel.

To make this exercise part of your *daily routine*, consider writing down and *sharing* the things that went well for you at the end of the day and sharing them. ¹



¹ Emmons, Robert. “Why Gratitude is Good.” Greater Good: The Science of a Meaningful Life. University of California, Berkeley. November 16, 2010. <http://greatergood.berkeley.edu/article/item/why_gratitude_is_good>