



Exercise: Three Things

This worksheet is adapted from the work of Dr Hugo Alberts (PhD psychologist, researcher, and entrepreneur).

List 3 things that you did in the last week and that went well.

1. _____

2. _____

3. _____

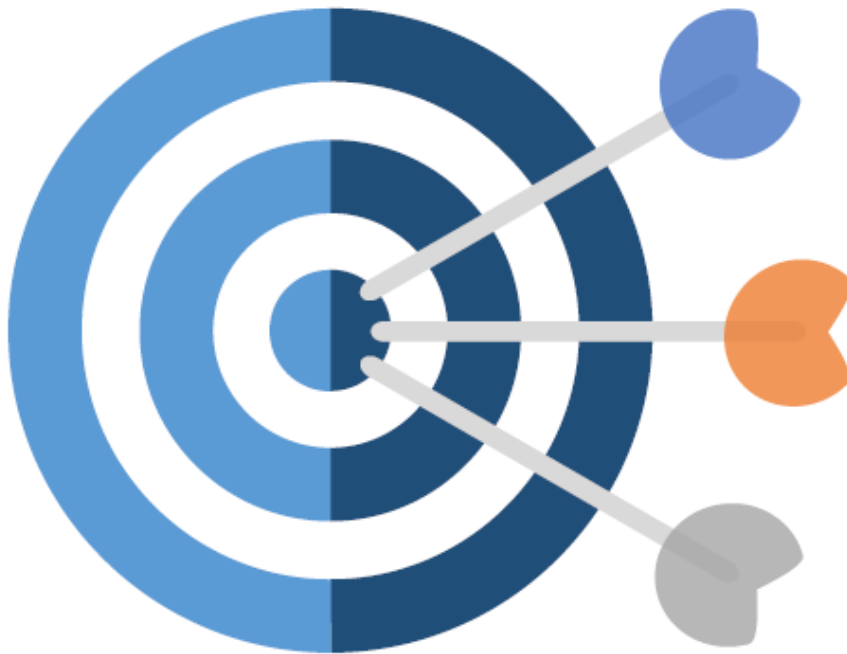


Defoin





How did that make you feel?



1.
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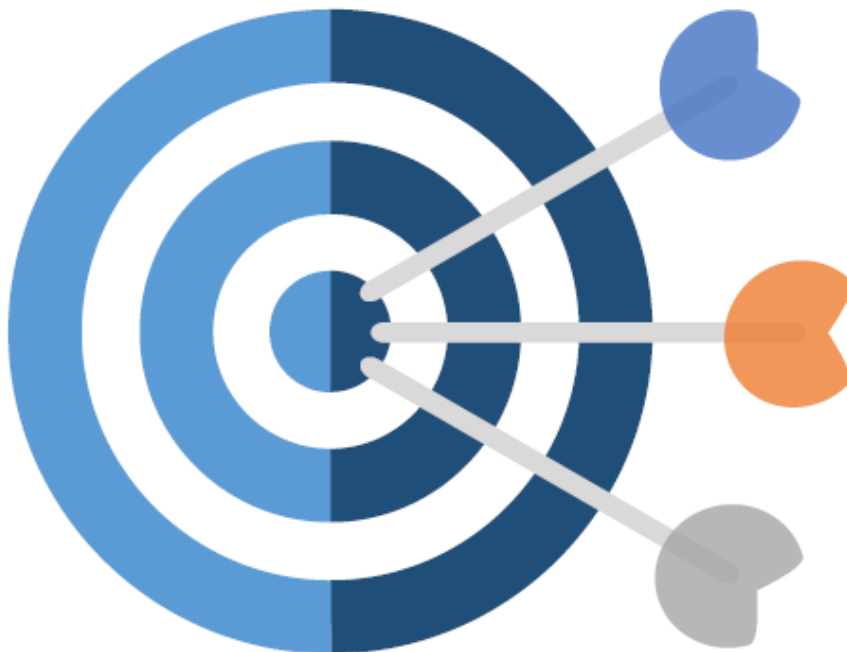
2
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.....
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3
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What are three things that you would like to accomplish in the next few months?



1.

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2

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3

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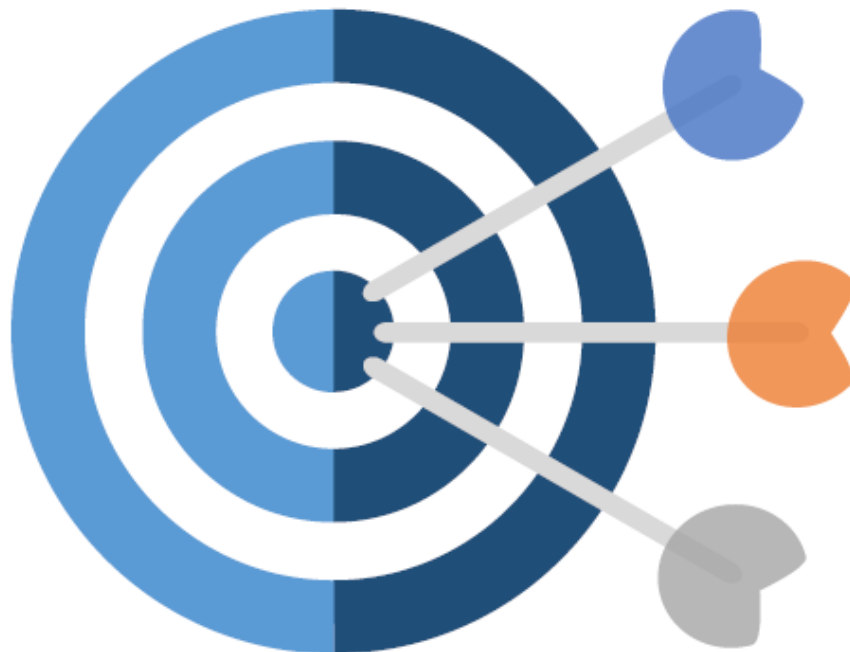
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How would you feel after accomplishing them?



1.

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2

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3

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