

Read the example or relate to the example given by the facilitator and, then fill in your one good thing that happened in your life today or yesterday. Please do also reflect upon what strengths that you used in the situation and what you valued.

EXAMPLE: A GOOD THING

Day: Monday	The good thing
Title	'Sun, Friends and Coffee'
The episode, detailing what happened, with whom, who did what, where and what was said.	I went for a walk to buy groceries. The sun was shining, and I met some old friends. They were on their way to a forest for a fun afternoon with their kids. They invited me to come over for a cup of coffee later that evening.
How did it make you feel? What did this make you realise?	It made me feel happy and appreciated and welcome. I felt joy and appreciation of beauty (the sun was shining).
Link your strengths and values to the event	
Strengths used in the situation	Openness
Values	Good friends are important to me

FILL-IN: ONE GOOD THING THAT HAS HAPPENED TODAY

Day: _____	The good thing
Title	
The episode, detailing what happened, with whom, who did what, where and what was said.	
How did it make you feel? What did this make you realise?	
Link your strengths and values to the event	
Strengths used in the situation:	
Values	