

My Top Three - A Daily Practice

Throughout your day, take a pause to reflect upon the best 3 things that happened so far. It can be as simple as a delicious cup of coffee or as life-changing as a new job. As your day goes on, continue to rearrange your list in order adding the new "best" thing that's happened.

The "Evening" box will represent the **Top 3 Things** that happened in your day. This practice will help train your brain to look for and reframe what is working well and what you appreciate!

Date:

Morning:

- 1.
- 2.
- 3.

Mid-Morning:

- 1.
- 2.
- 3.

Afternoon:

- 1.
- 2.
- 3.

Evening:

- 1.
- 2.
- 3.