

# Hunt the Good Stuff!

Think about 3 good/positive things that happened to you in the last 24 Hours and record them in the spaces below.

1.	
2.	
3.	

Select one of the three and answer the following questions:

Why did this good thing happen?
What does this good thing mean to you?
What can you do tomorrow to enable more of this good thing?
What ways can others contribute to this good thing?