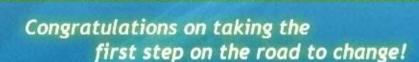


Psychological Services for Children, Adolescents, Adults, Couples & Families



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## DR. DAN'S WHAT WENT WELL JOURNAL

DOCUMENT THREE THINGS THAT WENT WELL EACH DAY. ALSO NOTE WHY EACH THING WENT WELL.

1.	 	 	
1A	 	 	
2.	 	 	
2.4			
ZA			
3			
_			
3A.	 	 	

Focus on the things that went well today. Write down 3 things on lines 1, 2, and 3. After you note each thing, write your understanding of why it went well, on lines 1A, 2A, and 3A.