



Professional Counseling Services

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

Questions? Call 708.342.1773



*Congratulations on taking the
first step on the road to change!*

17732 Oak Park Ave. Tinley Park, IL 60477

Website: ProCounselingServices.com

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. _____

2A. _____

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.