

Three

GOOD THINGS



1. In the evening, reflect on your day with patients and outside the clinic
2. Write 3 good things that happened in the orange boxes below.
3. Include a gratitude point specific to a patient or interaction within the dental practice. Note how the good thing made you feel

Orange box for writing a good thing.

Orange box for writing a good thing.



Orange box for writing a good thing.

Gratitude JOURNALING

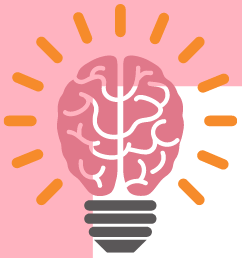


Write about anything that brings happiness or enriches your life, big or small. Examples include: accomplishments, things in progress, personal strengths or positive relationships

A large, solid yellow rectangular area intended for writing journal entries.

Optimism IN ACTION

Think of a situation you're currently struggling with at work & write this down, along with aspects you can control & aspects you can't



THESE ARE MY STEPS TO MAKE THE SITUATION BETTER:

1

2

3

4

IF THINGS DON'T WORK OUT I CAN TRY:



Alternatives

