

# 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.

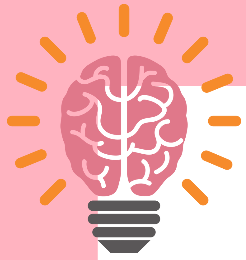
# Gratitude JOURNALING



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

# 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:

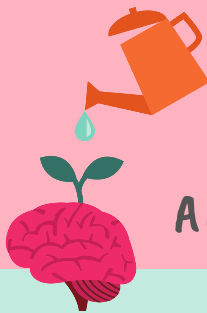
1

2

3

4

IF THINGS DON'T WORK OUT I CAN TRY:



Alternatives

