



ACORN CARE

WELL-BEING FOCUS

This exercise will take 10 minutes to complete. Please write down three things that went well this week and provide an explanation about why they went well. It is important that you have a physical record of what you wrote; it is not enough to do this exercise in your head.

The things you list can be relatively small in importance (e.g., “my partner made me a coffee”) or relatively large in importance (e.g., “I earned a position with greater responsibility”).

As you write, follow these instructions:

1. Give the event a title (e.g., “coworker complimented my work on a project”)
2. In a notebook, write down exactly what happened in as much detail as possible, including what you did or said, and if other people were involved, what they did or said.
3. Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
4. Use whatever writing style you please and do not worry about perfect grammar and spelling; Use as much detail as you want.