

Three Good Things as of November 29, 2017

Below are Three Good Things from your colleagues this week. Seeing how other people are using Three Good Things can be helpful and inspiring, keeping you on the path of doing it each day. If you do this every night for a month, you will come to routinely notice more of the positive events in your life and to feel more optimistic and positive!

A local boutique agreed to sell my hand knit hats on consignment. **Joy. Hope. Pride.**

Met my exercise goals every day this week. **Gratitude. Inspiration. Pride.**

Our Thanksgiving meal was wonderful - the food was delicious and everything went smoothly. **Pride.**

Got my garage door fixed.... finally!!! **Happy.**

A very productive but calm first-day-back, and it still feels like holiday season at work, everyone knows Christmas holiday is right around the corner. **Amusement. Gratitude. Serenity.**

All my holiday food shopping is done. **Pride.**

After a busy couple of days, it was nice to sit and relax the whole day. **Serenity.**

Just the right amount of family this holiday - enough to share love but not too much to get on each other's nerves. **Love. Serenity.**

Shopped at several local "mom & pop" stores for Small Business Saturday. **Hope. Pride.**

Significantly cleaned out my inbox. **Gratitude. Joy.**

I am progressing in my shoulder movement through home exercise and physical therapy! **Pride.**

My husband and I enjoyed spending time with our family. **Love.**

I got a lot accomplished today and feeling like my workload is organized going into the holiday break. **Pride. Serenity.**

Started the wheels turning on Adobe training. Coming soon. **Hope.**

My youngest son made sure I gave him a hug before I left for work today. By the way he is 18. **Joy.**

I hate meeting new people - but I met new people today and enjoyed it! **Amusement.**

Wonderful to be accepted into an extended family. **Gratitude. Hope. Love.**

Had a nice walk to pick up my lunch, felt great to get some fresh air. **Awe. Gratitude. Inspiration.**

Enjoyed cuddle time with my dog. **Love.**

I packed my work bag and meals last night so I could enjoy a peaceful morning with my baby. **Amusement. Gratitude. Joy. Love. Serenity.**

We went to City Hall Plaza to enjoy the Boston Winter Market. **Inspiration.**

The family watched a movie together. **Love.**

Elf on the Shelf fun with my son. **Amusement.**

Spent Monday catching up on all the little to-do list items that I have been putting off for weeks. Got them done a lot quicker than I had anticipated. Feels great do finally have them done! **Gratitude. Pride. Serenity.**

Fresh veggies. **Gratitude.**

Spent Thanksgiving break cooking, running and spending time with my family and dogs. **Gratitude. Love. Joy. Hope.**

Enjoyed the company of my friends. **Amusement. Joy. Love.**

Hit my monthly NaNoWriMo goal. Still a bit of a ways to go on the book and some research to perfect. **Pride.**

Got enough sleep for the first time in a week - treated myself to the extra time in bed! **Gratitude. Serenity.**

Going out for a nice dinner. **Gratitude.**

I went to the gym before work AND hit a new personal record on the stair climber! **Gratitude. Inspiration. Joy. Hope. Pride.**

Had a lovely gathering of family and friends - glad I made the long trip. **Gratitude. Love.**

Wore my new pointy toed black boots. **Joy.**

Ran third day in a row! Nothing like a good Turkey Trot! **Amusement. Joy.**

Had lunch with a colleague and friend. Gave her some good advice. Talked about my passions like service to others, writing, and her passions, too. It was so wonderful to spend time with her and eat a great lunch on what turned out to be a beautiful day in Boston. **Gratitude. Inspiration. Love. Serenity.**

Made plans to meet friends for drinks after work tonight. **Love.**

Commute was great this morning - no traffic! **Joy.**

Sat in on a meeting and learned a lot. **Pride.**

Gave a colleague detailed feedback for which she thanked me - glad I could make her work better. **Gratitude. Inspiration. Hope.**

Saw the sunrise this morning and it was gorgeous. **Awe. Gratitude. Inspiration. Joy. Serenity.**

Closing date for house is on track. **Gratitude. Joy. Hope.**

Graphics for the next two programs I'm running are a go. Recording after the break. **Serenity.**

Bought a treadmill on Black Friday and saved a lot of \$\$\$\$\$. **Gratitude.**

My boyfriend asked me to help him with writing his resume because he is retiring from a 30 year job and wants to work part-time. **Love.**

Went for lunch with my husband. **Joy. Love.**

Was productive - an early start helps! **Hope.**

It felt surprisingly good to be back into a routine after the holiday break. **Amusement. Gratitude.**