**April Mini Challenge – 3 Good Things**

*Write down 3 things you are thankful for.*

For the next 30 days write down three things that you are thankful for. Nothing is too big or too small to note. Do not overthink it! Write the first three things that come to mind. Try to think of three new things each day. There should be novelty to each item you right down daily.

Most of us do not naturally dwell on all the good things in our lives. Our brains are hardwired to consider worst possible scenarios and remember negative experiences to keep us safe. Gratitude is one way to counteract our natural negative influence and boost happiness and overall well-being, especially during periods of stress and uncertainty.

The good things you write down do not necessarily have to be significant and something as simple as a good cup of coffee is worth writing down. You may have trouble thinking of three things initially but be consistent and try to do this every day for a month. You will likely find that you will have a hard time stopping at three things by the end of the month.

**April 2020 Mini Challenge – 3 Good Things**

*Write down 3 things you are thankful for.*

* April 1: Click or tap here to enter text.
* April 2: Click or tap here to enter text.
* April 3: Click or tap here to enter text.
* April 4: Click or tap here to enter text.
* April 5: Click or tap here to enter text.
* April 6: Click or tap here to enter text.
* April 7: Click or tap here to enter text.
* April 8: Click or tap here to enter text.
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* April 12: Click or tap here to enter text.
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* April 29: Click or tap here to enter text.
* April 30: Click or tap here to enter text.