

The Good Things Room

Three good things from today, and what made them possible.

Most of the rooms here help you sit with what's hard. This one trains the other muscle. Each evening, write down three things that went well today and what made them possible. Small counts. "The coffee was good and I made it myself" counts.

The research on this is unusually strong: in randomized trials, people who did this nightly for one week were happier and less depressed a month later — and were still happier at the three-month and six-month follow-ups. It has been replicated many times since. It doesn't make hard things go away. It teaches your attention that good things are also true.

TONIGHT

Today's three

What went well today — and after each one, a few words on what made it possible. That second part matters: it's in the original research protocol, and it's where your own role becomes visible.

One good thing from today... and what made it possible

A second... and what made it possible

A third... and what made it possible

A NOTE ON HARD DAYS

Some days the honest answer is small: "I got through it. Someone held the door. The light was nice for a minute." Those are not lesser entries. On the hard days, they're the whole practice.

YOUR COLLECTION

The evidence so far

Every past entry, saved on this device. On a bad day, this is the record that good things are also true.

A WEEK ON PAPER

Seven days, three good things each

Date each day yourself. After each good thing, add what made it possible.

Day 1 — date: _____

Day 2 — date: _____

Day 3 — date: _____

Day 4 — date: _____

Day 5 — date: _____

Day 6 — date: _____

Day 7 — date: _____

A BLESSING ON THIS WORK

This work is a gift. Share it freely with anyone who needs it — print it, copy it, pass it on whole. It is not for sale, by us or by anyone, and it shouldn't be changed. Above all, keep the crisis lines and the words about seeking professional help exactly as they are — for someone, those may be the lines that matter most. It exists to help people heal, and to raise the vibration of the world. That will never cost anything here.

— Aether & Root · aetherandroot.com/inner-work