

### 3 Good Things

Your brain is so much better at focusing on survival than it is at focusing on being happy, and it's because of this fact that your brain is constantly scanning for threats, trying to pick out or notice anything bad, dangerous, or negative instead of looking for the positive or dwelling on the good things that happen in your life. Your brain's default setting is to keep you alive by really paying attention to anything threatening or dangerous. This focus on survival was imperative to our ancestors, but in today's world, if left unchecked, it can lead to stress, burnout, and depression.

But I have good news. There is a simple way to combat this challenge of focusing on the negative, and to turn up the volume of the positive things in your life.

So stick around because, in this video, I'll teach you how to fight burnout and feel happier. It takes just two minutes a day, and thanks to our sponsor [take2minutes.org](https://take2minutes.org), it's easier than ever to get it done.

Logo

OK, so like I said before, our brain is hardwired for survival, which means it's hardwired to notice threats, to notice the negative. The negative GRABS our attention while the positive waits for us to notice. When we just run along in default mode, this can make us feel depressed and exhausted.

So here's the super simple way to rewire your brain. It's called "The Three good things" exercise. For 14 nights, before you go to bed, ask yourself "What are three good things that went well today, and what was my role in making them happen?." Be sure to write these down.

For example, yesterday I had a fairly difficult day. It's winter here, cold and dreary, really difficult to get the kids outside. With Covid we can't take them to play places or to see many friends- so basically it was another entire day cooped up in the house with three super energetic little kids. And there may have been some tantrums and I may have yelled at the kids and it's just tough sometimes...

Anyways...when I sit down and think of three good things it sounds like this:

1. I got to sit on the floor and make a cool sticker puzzle with my three-year-old, River, and she really enjoyed it, plus was practicing her numbers, while being quiet during church. That was a good bonding time with her.
2. I got to make earrings with my six-year-old, Aliya- It's fun to make things with her, especially without the littles.
3. We had a crazy Wrestlemania with all the kids in the living room and got some wiggles out and the girls laughed and screamed a lot, and that was really fun.

That's it! That's all there is to it.

And when I do it, I feel better.

And the amazing result is that research shows that within 4-5 days, reflecting on the positive leads to noticing more positive. The positive things in your life and those feelings of happiness and contentment just keep growing, the positive keeps getting louder.

Clinical Trials show that people who do this for 14 days have Less burnout and depression, a Better work/life balance, Less conflict at school or work, and a Higher level of happiness, and the results from those 14 days can last for 6 months or more. Meaning, this exercise for 14 days can have a positive mental effect for 6 months or more. All in just two minutes a day! How cool is that?"

I think the biggest barrier to doing this simple activity is that it's easy to forget to do it. But that's where take2minutes.org comes in.

What they do is send you a text message every day at a time you choose. The message not only pulls you from your routine to think about your three good things but it also includes a link to a page where you can enter your three good things instantly, instead of having to find a pen and paper. Once you complete your entries, they'll store your answers in your personal, private journal, which you can easily access at any time to review and reflect on.

Boom. so easy.

Seriously though, this activity is so powerful, and take2 makes it so easy to do it, they are sponsoring this video, but I seriously love their service. You can find them by texting "join" to (717) 674-2779 In the U.S.

(778) 400-0444 In Canada.

Or by visiting [take2minutes.org](http://take2minutes.org)

They also have guided meditations, an easy gratitude journal, and some great resources to help with anxiety, sleep, and other stuff.

So it's that easy, every night before you go to bed think of three good things that happened to you and what you did to bring them about. I would love to hear what are three good things in your life, leave yours down in the comment section below.

Thanks so much for watching and take care.