



Day 7

Expecting Good Things

Getting Started with Optimism

Optimism is more than just rainbows and unicorns. It's not enough to just hope that things will turn out well for us and others. This needs to be an expectation. However, we also need to know what it's like when we get it.

Primary Takeaways

1. Increase your ability to **identify** good things in daily life
2. Increase your ability to **feel** good things in daily life

A Lesson in Expectations

By now you've hopefully been in a nice rhythm of taking time at the end of your day to focus on 3 Good Things. This is the moment where we take it to the next level. Tonight, proceed as usually in writing out your 3 Good Things. However, afterwards, bring a high level of self-awareness into this exercise.

In the Moment Challenge:

As you look at these 3 Good Things one at a time:

1. Notice this in your physical self
2. Notice this in your thought self
3. Notice this in your emotional self

We too often merely sit with the mental part of our experiences and it's when we expand this to also include our physical and emotional experience is resiliency integrated.

Feeling Into Good Things

While the 3 Good Things exercise primes the brain to expect and search out good things throughout each day, we also require the ability to take in these good feelings. This may seem obvious but it's far from that. A primary reason many need more and more is the inability to fully feel the goodness. This next exercise will help demonstrate how to get at this.

Today's Challenge:

Choose a sensory experience to be able to separately move through the 3 parts of self-awareness:

1. Noticing your physical self
2. Notice your thinking self
3. Notice your emotional self

Spend 1-2 minutes in each of these parts of your self, seeing how well you can explore this experience. A few examples of a sensory experience to savor might be:

- Enjoy a small amount of chocolate or ice cream. Mints work well too.
- Quietly watching the sun set.
- Listening to one of your favorite songs in stillness.

Deeper Dive

"Learned Optimism: How to Change Your Mind and Your Life." Martin P. Seligman.

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Joy, collected over time, fuels resilience.

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Brene Brown

