THREE GOOD THINGS

A 15-day gratitude practice for nurse leaders

Inspire Nurse Leaders
Great leaders, great outcomes.

WHY IT WORKS

Burnout dulls our ability to notice what is going well. **Three Good Things**, developed and studied by J. Bryan Sexton, PhD, and colleagues at Duke Health, retrains that skill in just a few minutes a day. In a study of healthcare workers published in *BMJ Open* (2019), participants who practiced it showed improvements in emotional exhaustion, depression, work-life balance, and happiness, with benefits measured up to 12 months later.

HOW TO PRACTICE

1

Pause before bed

Set aside 2 to 5 minutes at the end of your day.

2

Write three things

List three things that went well today. Small moments count.

3

Name your role

Note how you helped each one happen.

4

Label the feeling

Choose the emotion each one brought you.

POSITIVE EMOTIONS TO CHOOSE FROM

Joy	Gratitude	Serenity	Interest	Hope
Pride	Amusement	Inspiration	Awe	Love

AN EXAMPLE ENTRY

> **What went well:** A new grad on my unit handled a rapid response with real confidence.
>
> **My role:** I paired her with a strong preceptor last month and debriefed with her afterward.
>
> **Emotion:** Pride

TIPS FOR MAKING IT STICK

- Keep this sheet, a notebook, or your phone by your bed as a cue.
- Aim for 15 days in a row. Benefits build with consistency.
- On hard days, think smaller: a kind word, a good cup of coffee, a safe handoff.
- Invite your team to try it with you, then share a few good things at huddle.

Inspire Pearl: Gratitude does not require a good day. It requires a decision to look for the good within the day you had.

Prefer daily reminders? Sign up for Duke's free 3 Good Things tool, with prompts by email or text, at **caws.dukehealth.org/toolkit-on-demand**

Adapted from the Three Good Things intervention by J. Bryan Sexton, PhD, Duke Health.
Sexton JB, Adair KC. *BMJ Open*. 2019;9(3):e022695.

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MY THREE GOOD THINGS

Daily reflection log. Print a copy for each day.

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Day # _____ Date _____

1

What went well today?

What was my role in it?

Emotion:

2

What went well today?

What was my role in it?

Emotion:

3

What went well today?

What was my role in it?

Emotion:

My 15-day tracker: check off each day you practice

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15