

THE LIST OF THREES

 **PROMPT:** Make a list in threes for each of the following.

Three Things I Love:

1. _____
2. _____
3. _____

Three Things I Am Grateful for:

1. _____
2. _____
3. _____

Three Things I Am Looking Forward to:

1. _____
2. _____
3. _____

Five Years from Now, Three Things I Want in My Life:

1. _____
2. _____
3. _____

Take a look at the list you wrote from the prompts above and consider the following:

Did anything on the list surprise you? Why?

Do you repeat anything on more than one list?

What didn't appear on the list that you thought might?

Do you feel any better about what's good in your life now?

