



Three Good Things

Realising the power of Appreciative Inquiry: an Appreciative Journal and practical resourcebook



“I’m determined to start journaling and this is the prompt I need. Thank you...”

AI participant

Three Good Things is the latest publication from Appreciating People. Developed in response to requests for a simplified appreciative journal format, it is a practical and accessible introduction to appreciative journaling. Three Good Things is created from the journal element of Reflections, so also allows purchasers of Reflections to both keep their copy pristine and continue journalling.

Content

Guidance on appreciative journaling and tells you more about the approach, alongside a 21-day ‘three good things’ activity and ‘seven days of gratitude’ task. You’ll also find a reflection exercise and information about Appreciative Inquiry and Appreciative Living, the underpinning methodologies.

Why 21 days and acts of gratitude?

Positive Psychology research indicates recording three good things for at least 21 days and conducting acts of gratitude promotes wellbeing, flourishing and improves your personal resilience.

Appreciating People has published more than five appreciative journals for use in a variety of different sectors. See www.appreciatingpeople.co.uk for more details.

What are the benefits of journaling?

1. Journaling helps clarify your thoughts.
2. Observing and writing regularly helps you get to know what makes you feel happy and confident, appreciate yourself, and connect with your strengths.
3. Reduce stress – writing about things that upset and challenge you helps to release these feelings.
4. Solve problems more effectively. Writing and recording (including drawing and sketching) thoughts unlocks those abilities, providing the opportunity for unexpected solutions to arise.
5. Writing and recording about misunderstandings, concerns and issues can avoid stewing about the matter.
6. Track patterns, trends, improvements, and personal development over a period of time.

“We’re delighted to have Three Good Things to add to our resources. The innovative partners we work with are keen to embrace new ways of working and new relationships. The journal is a simple, practical tool that anyone can use – to great effect.”

Dr Linda Hutchinson, Director of Ideas Alliance CIC and LH Alliances

How to buy

You can buy Three Good Things from www.aiessentials.co.uk, alongside a range of other appreciative journals to try. The original Reflections is also available via the shop page.

Costs

Three Good Things costs £6 per copy or £4 each for orders of ten or more.

In the US, it is \$5.50 or \$8.50 for bulk orders; single orders are €4.75 and €7 for bulk orders

Postage costs for single copies £1.50/ \$2.15/ € 1.75

Contact tim@appreciatingpeople.co.uk for post and package bulk order costs.

