



Hunt the Good Stuff

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

Benefits of Hunt the Good Stuff

- 1. How do you Hunt the Good Stuff?
- Record three good things each day. Reflect on one or more of the following topics:
 1. Why this good thing happened
 2. What this good thing means to you
 3. What you can do tomorrow to enable more of this good thing
 4. What ways you or others contributed to this good thing

2. Ask the students to each provide one good thing, and a reflection, from the previous day.

Why reflect and practice?

- It's not enough to just name the positive event or experience; answering the reflection questions causes you to think more about and savor the experience
 - Leads to:
 - Better sleep, better relationships, better health, feeling calm, lower depression, optimal performance, and greater life satisfaction
 - HTGS can be either noticing every day positive experiences or discovering something positive through a set back or problem
- 3. Ask the students how their friends and family could benefit from daily HTGS.