



Hunt the Good Stuff

TASK: Teach the resilience skill of Hunt the Good Stuff

CONDITIONS: Discussion and Q & A.

STANDARDS: Soldiers will learn the skill of Hunt the Good Stuff, and how this daily practice can build optimism

REFERENCE(S): <http://csf2.army.mil/>



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Benefits of Hunt the Good Stuff (HTGS)

(Ask the students if they have heard of Hunt the Good Stuff, and what their experience with the skill has been)

- Helps to build optimism and resilience
 - By practicing HTGS on a daily basis, you can begin to notice yourself adopting a more optimistic way of looking at the world.

- Helps to build positive emotions
 - Numerous studies outline has demonstrated positive outcomes of HTGS.

- Counteracts the negativity bias, which is the tendency to notice the bad over the good.



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How is it done?

- Identify 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 contribute to this good thing.



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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.
- Continuous practice 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 about a set-back or problem.