



Coaching Corner

Bring Positive Psychology Tools to Your Coaching Practice

Three Good Things

Purpose: The “3 Good Things” gratitude practice is intended to create awareness of the good things in one’s life to change their emotional tone and energize them with positive feelings (Huffman & Lyubomirsky, n.d.). This practice has been shown to have an immediate and sustained effect (Seligman et al., 2005). In fact, it has been found to increase happiness levels up to 6 months after its completion.

How is this done? For optimum benefits, it is recommended that the “3 Good Things” exercise be completed daily for at least one week, taking about 10 minutes a day. For more information about the “3 Good Things” exercise visit the following link: <https://ggia.berkeley.edu/practice/three-good-things>

Uses Within Coaching: This practice has applicability both for the coach and the client. As a coach, this practice may help you shift or remain in a positive mindset; getting yourself ready to coach. With a client, the “3 Good Things” practice could be used during a positive check-in to focus their attention on good things in their lives, with the intent to generate positive thoughts in the client in preparation for the coaching conversation. The potential value of this practice completed in one’s day to day life can also be shared with clients as a resource during a coaching session. This information could be shared, once permission to share ideas is obtained from the client, with clients looking for, or in need of, more positivity in their lives. According to PERMA Theory (Seligman, 2012), positive emotion is one of the essential elements of a flourishing life. Therefore, working to cultivate positive emotion through this type of practice may contribute to both the client’s and coach’s flourishing.

Interested in Learning More: [100 Good Things Podcast](#)

References:

Huffman, J. & Lyubomirsky, S. (n.d.) *Three Good Things*. Greater Good Science Center.

<https://ggia.berkeley.edu/practice/three-good-things>

Keltner, D. (Host). (2021, September 16). Episode 100: 100 Good Things (Episode 100). In *The Science of Happiness* [Audio podcast episode].

https://greatergood.berkeley.edu/podcasts/item/100_good_things_dacher_kelnter (Links to an external site.)

Seligman, M. (2012, December 13). PERMA [Video]. Youtube.

https://www.youtube.com/watch?v=iK6K_N2qe9Y (Links to an external site.)

Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). [Positive psychology progress: Empirical validation of interventions](#). *American Psychologist*, 60(5), 410-421.

What to learn more about coaching? www.jefferson.edu/coachingAPC