

Small Good Things 28-Day Tracking Sheet

Notice tiny, specific moments each day

How to Use

Each day, write down 1-3 small, specific things that you notice. They don't have to be important. Focus on sensory details and concrete moments.

Examples

"My coffee was the perfect temperature."

"The heating pad felt good."

"I managed to shower."

"My cat purred on my lap."

"The sunset was beautiful through my window."

*****Remember: Some days you might not find anything. That's ok. Your pain is valid. This is data, not grades. You're learning about yourself.*****

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Track Your Small Good Things

DAY	SMALL GOOD THINGS (1-3 PER DAY)
1	
2	
3	
4	
5	
6	
7	

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Track Your Small Good Things

DAY	SMALL GOOD THINGS (1-3 PER DAY)
8	
9	
10	
11	
12	
13	
14	

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Track Your Small Good Things

DAY	SMALL GOOD THINGS (1-3 PER DAY)
15	
16	
17	
18	
19	
20	
21	

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Track Your Small Good Things

DAY	SMALL GOOD THINGS (1-3 PER DAY)
22	
23	
24	
25	
26	
27	
28	