

Only What Went Wrong

Widen the view when one bad moment has taken over the whole day.

WHEN TO USE THIS

Use this in the evening, when one thing from today is all you can see.

What is the one thing from today that is stuck in your head?

Now list four things that went fine, however small.

1.

2.

3.

4.

Why is the first one so much easier to remember?

If someone watched your whole day, how would they sum it up?

The bad moment was real. It was also not the whole day.