

WHAT WENT WELL JOURNAL

Instructions: At the end of each day write down three to five things that went well and why they went well. Use a journal or notebook. Review your list every two weeks. Make sure to **handwrite** your entries. Entering in a keyboard does not have the same impact.

EXAMPLE

Date:

What went well?	Why?
I got the meeting with Goldman Sachs	I made my 14th phone call over 3 weeks. Plus 12 emails.
I was on time for every meeting from 7 am to 6 pm!	I organized everything the night before. I told every meeting organizer I had to leave 5 minutes early. At each meeting I asked us to start wrapping up 15 minutes before the end.
I worked out.	I started working out after work instead of before.

Date:

What went well?	Why?

Date:

What went well?	Why?