

APPENDIX 27 What Went Well

Directions: Think of three things that went well for you today. Write them down. Pick your favorite one. Put a star or other symbol beside that one. Then, write about why you think that went well.

1.

2.

3.

Pick Your Favorite. Why Did It Go Well?

Date: _____

The What Went Well idea was adapted from Olson, K. (2014). *The invisible classroom: Relationships, neuroscience & mindfulness in school*. New York, NY: Norton.