

The Good Stuff List[©]

“No one can make you feel inferior without your own consent.”

--Eleanor Roosevelt

“Remember: If you focus directly and diligently on stopping, destroying, or diminishing the bad and evil in your life, your life is focused on destruction and depression. If you focus openly and operationally on starting, creating, and constructing the good and godly in your life, your life is focused on construction and creativity.

Where your lens is focused determines the picture you receive.”

--Dr. Sarah T. Kerr

Before bed list three good things you are grateful for, what caused them, and take a moment to savor them:

Day	The Good Stuff
1.	
2.	
3.	
4.	
5.	
6.	
7.	

This exercise has been shown in recent scientific research to “reliably increase happiness and reduce depression.”

John is a psychologist, doing psychotherapy via secure video in the convenience of your home with anyone in California. He works with men, women, adolescents, children, marriages, and divorce.

John S. Fry, Ph.D.

Telehealth throughout California

(949) 863-1420

Website: www.drjohnfry.com

Email: drjohnfry@ca.rr.com