



What Went Well?



Content on this side is intended for the educator's reference. The information on the back can be photocopied and shared with clients.

Objective: Clients will identify positive experiences in their life and recognize how they contribute to those positive experiences.

Audience: This tool is applicable for anyone, but especially clients who have difficulty noticing positive experiences in their lives or who have difficulty giving themselves “credit” for their own positive actions and behaviors.

Estimated Time: 10-15 minutes

Educator Instructions: Before reviewing the instructions printed on the tool, start with the Discussion Starter provided below or something similar. Sometimes clients may need help in finding the “positives” in their lives. Focus on helping the client discover his or her own strengths, but be prepared to share what you see as his or her strengths. Explain the directions on the tool and encourage them to fill out the table. Remind your client that you will review their progress the next time you speak.

Discussion Starter: Ask “What’s one thing that went really well yesterday (or today)?” If the client has trouble coming up with a response, ask him or her to tell you about the day. Listen carefully and point out things that could be included. Also ask, “Why did that go well? What did you do to make that happen?”

Follow-up: During your next visit, ask for examples of their responses to each question on this tool (“What went well?” and “Why did this happen?”).



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When we feel a lot of stress, it can seem like we have very little control over our lives. We tend to be negative and wonder what bad thing will happen next. If we try looking for the good instead, and give ourselves credit for having a positive influence, we will feel more in control and find better ways to solve problems.

Seeing the many good things you do for yourself and others every day is one way to be positive and in control. Before you go to sleep each night, write down two things that went well that day. Next, ask yourself – “How did I make this happen?”

	What went well?	How did I make this happen?
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

***Learning to think positively about life can help you
and your relationship with others.***