Three Good Things as of November 8, 2017

Below are Three Good Things from your colleagues this week. Seeing how other people are using Three Good Things can be helpful and inspiring, keeping you on the path of doing it each day. If you do this every night for a month, you will come to routinely notice more of the positive events in your life and to feel more optimistic and positive!

I gained appreciation from a client by proactively following up with them and providing information on short-term solutions. **Pride.**

I started my morning without the use of electronics. Normally I read my email, check Facebook, and play a couple of games before I even get out of bed! **Serenity.**

I encountered an unexpected traffic jam that made me late for an appointment, but I practiced breathing and mindfulness and was able to use the extra time in the car to work on my self-soothing skills. **Gratitude. Inspiration. Hope. Pride. Serenity.**

I spent some time snuggling with my puppy; it’s so nice to share your home and life with a precious animal. **Awe. Gratitude. Joy. Love.**

I have a job that engages my intellectual interests all day long. Not many have that opportunity. **Awe. Gratitude.**

I got to hear how well my daughter is doing in preschool at her parent conference. My role: trying to be a supportive loving parent, helping her develop many of her skills (language, fine motor, social), providing opportunity for learning, etc. **Gratitude. Joy. Love. Pride.**

I met four new people who shared their ideas with me. **Gratitude. Inspiration. Hope. Pride.**

I linked the Zambia district level population projections to the FY2017 programmatic reports on HIV testing to allow assessment of the geographic and age distribution of HIV testing. I was 80% responsible for this happening. **Serenity.**

Our office has beautiful light. **Serenity.**

I helped my son to have a happy birthday, his first birthday away at college. **Joy. Love. Pride. Serenity.**

I had a nice dinner out with my mom, who lives by herself and was lonely. It's sometimes tough to do when I'm tired after a long day at work, but she really appreciated it and had a nice time. **Love. Serenity.**

My teenage son told me he loved me. **Love.**
I reached out to a friend who is going through a lot just to let her know I was thinking about her. Gratitude. Inspiration. Hope. Love.

I had a wonderful first physical therapy session at the Ryan Center at BU - what a great benefit for staff! Pain relief is on the horizon. Gratitude. Inspiration. Hope.

I planned ahead and got the light bulbs needed to pass my car’s inspection! Job Well Done.

Learned more about the new BU retirement plan and after reviewing my finances seem to be doing better than I expected. I am proud of the planning and effort I have put in to save in the way that I have, and am grateful to my family for helping teach me how to make this happen for myself. Awe. Gratitude. Hope. Pride.

Finished reading "Hackers" by Steven Levy. Obviously, I made this happen. Pride.

I discovered my favorite bagel store is just across the street from my office. I had no idea it was there and only found it because I decided to take a walk. Amusement. Gratitude. Joy.

Received a very positive performance evaluation today. Pride.

I decided to attend an exciting conference in December because I found a friend to co-author a paper with me. Amusement. Inspiration. Pride.

Good conversations with colleagues about personal matters important to them. Gratitude.

Felt very supported by my manager who helped me work through an issue. By simply asking for help and being able to answer questions to provide her with more information, my manager helped me work through a difficult problem. Accomplished. Appreciated.

Introduced an undergraduate student to archival research through my role as archivist at Sth. Hope.

Was productive despite being sick. Gratitude.

A student connected with me through the BU Alumni Network and we met to discuss a career in finance. Pride.

I was able to share a positive memory of my late father with a stranger to help him navigate the waters of life with his teenage daughter. Gratitude. Love.

My workmates tease me, so they must love me! Amusement.
We are working toward buying a house and today we had our purchase and sale agreement signed. Lots of work leading toward it. Awe. Gratitude. Inspiration. Joy. Hope. Pride.

Had my mother-in-law over for dinner. I love her and enjoyed catching up with her. Joy. Love.

Had a great planning meeting for a meeting that I have worked months on scheduling. Feeling hopeful that we may see some really positive change in our office workflow. Anticipation. Hope. Pride.

Had a wonderful lunch with my neighbor. Gratitude. Serenity.

My morning went smoothly: coffee, breakfast for myself and family, snuggling with my kids, got two little beings out the door, dropped off and to work on time. My role: I was up early and did lots of prep last night. Amusement. Gratitude.

Delicious baked beans for breakfast. Gratitude.

Students, students, students. I took the time to listen, to take their point of view. Gratitude. Inspiration. Love. Pride.

Met with staff at NICD/NHLS and we worked out a plan to try and incorporate our algorithm for linking pediatric tests directly into the Central Data Warehouse procedures. I would say that I was 50% responsible for this. Pride.

Spent time with old friends, celebrating one of our friends passing RI and MA state bar exams. Very happy and proud for him! Love. Pride.

I shared chocolate with students in my last class. They had had a rough week and took much more chocolate than I imagined! We created a nurturing place where everyone felt free to speak their mind. Awe. Gratitude. Love.

Had a conversation with my mom trying to get her to understand she needs help. She was receptive and understand she’s not losing her independence and is not a burden on us. Hope.

My 17 year old son helped cook dinner tonight. He never does that. I rearranged our menu to accommodate his preferences and encouraged his culinary skills. Gratitude. Hope. Love. Pride.

It’s Friday and the weekend begins soon!! Joy.

My husband surprised me with tickets to a show and a stay at a hotel. I was really happy to spend this time with my husband doing something we both enjoy. Gratitude. Joy. Love.