

## APPENDIX 27 What Went Well

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**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.

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2.

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3.

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**Pick Your Favorite. Why Did It Go Well?**

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Date: \_\_\_\_\_

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