

What Went Well



The main idea

People have roughly the same number of positive and negative experiences but what matters is **what we focus on**. Positive people **focus on the positive more**. We can train ourselves to be better at focusing on the positive. On the **What Went Well** board in Jyunseikan, we encourage everyone to write the **everyday good things** that happen to them.

Here you can see...

Some of the “What Went Well” boards from the past few years. What would YOU write?



The English Department

Try it
NOW