



Gratitude
TURNS WHAT WE HAVE
INTO ENOUGH

CARRIE REEDY
*Functional
Nutrition*

Why is gratitude important?

You may have heard about the importance of expressing gratitude but don't know why it is so important. Aside from the fact that it is always a good idea to be grateful and appreciative of the good things in life, there are some other ways it can benefit you.

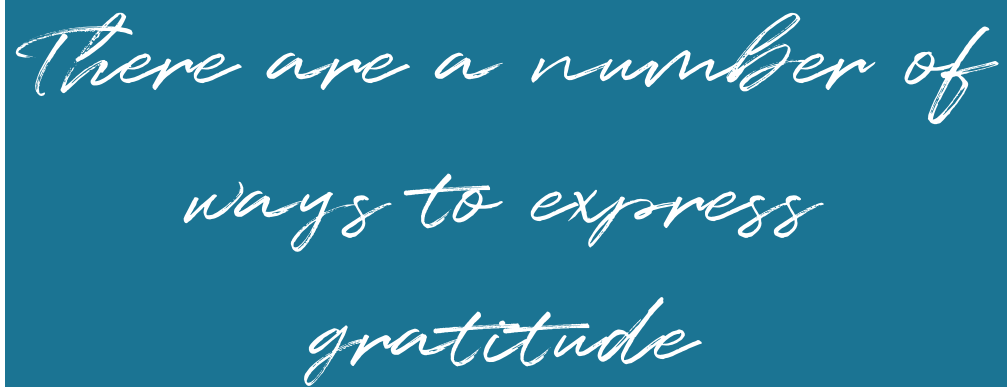
1) It can reduce our stress levels - There is an amazing effect that occurs when we start expressing more gratitude. The stress in our lives seems to become minimised. It doesn't magically disappear but suddenly the things that we are worried about don't seem as important. Instead of focussing on the 'worst' things in our day, we are noticing all the good things that happen to us.

2) It makes us more forgiving and more empathetic - As we start focussing on gratitude, there are some wonderful behavioural benefits that come along also. It becomes easier to forgive people for things they may have said or done that hurt our feelings. We understand people's struggles a little better when we see more joy in our own lives. We become more of a well-rounded person who is grateful for the good and the bad that comes along in life.

3) It helps us appreciate our lives, even the hard bits - Regardless of the day we are having, when we become accustomed to looking for the things we are grateful for, we can focus more on the positive events of the day, and may find life's stressful situations aren't as bad after all.

4) It can help improve our mindset - If our mindset is focused on noticing the negative things that happen to us, it can feel very heavy, and we start noticing more and more negative events because these are what we are looking for. By expressing gratitude, our focus changes and our mindset shifts.

HAVING A SENSE OF
gratitude
IS SOMETHING THAT
HELPS US LIVE OUR
BEST LIVES



There are a number of ways to express gratitude

If you don't know where to start, here are a few ideas to get you going.

The important thing is just to start. Then, before long, this will become an automatic practice in your life without you even having to think about it.

Keep a gratitude journal - You can either pick up a notebook to write your daily gratitudes in there, or print the pages that follow and create your own journal. In the beginning, you may find it hard to write your gratitudes, and you may only be able to think of a short list, but over time, you will start elaborating and will come to love the practice.

Start small and don't put too much pressure on yourself. Of course, some will want to write pages and pages, but it's not a realistic place to start. As with any new routine, take it slow and get the habit in place first.

I suggest starting with one page for the week and simply fill in 3 things you are grateful for each day. Keep it brief and don't feel like you need to do a lot of explaining, initially. I've included a page you can print out for the next few weeks.

It is ok to repeat your gratitude. You don't have to come up with something brand new to be grateful for every single day. In fact, most days, you will find yourself repeating at least a few things on your list. It's perfectly ok that the same things bring you joy every day.

With that being said, when you feel grateful for something new, add it to your list and explore that a little bit. Maybe you just discovered how grateful you are for a particular friend that you hadn't realised before.

Tips for writing gratitude

Once you are confident in finding 3 things each day to be grateful for, you can move on to a page a day, and start noticing other wonderful things that are going on in your life - the things you are excited about, the things you have accomplished, the things you've learned and specific memorable moments. This can really help to get the gratitude flowing. I have included a template you can print to create a gratitude booklet. Some people like to pick a specific amount of time to focus on a daily practice. You could choose 14 days or 30 days. Just print enough daily pages to see you through.

There are also some great apps available to help get into a gratitude practice. They will send you reminders to consider what you are grateful for. Some even allow you to take pictures during the day of events, people and places you are grateful for.

Once you are well versed in expressing gratitude, you will find that it becomes automatic and natural.

It becomes a habit where every time you feel that spark of joy or appreciation, you comment in your mind about your gratitude.

It becomes a part of who you are.

Then, the more positive you feel, the more wonderful experiences you will attract, and your stress response will be lowered.

I hope you find this practice rewarding,

Carrie Reedy

Weekly Gratitude

Monday

Tuesday

Wednesday

Thursday

Friday

Weekend

Daily Gratitude

Date: _____

3 Things I'm Grateful For

Something I'm Excited About

Something I Accomplished

Something I Learned

Memorable Moment of the Day

Daily Journal

What are 3 things I am grateful for
right in this moment?

[illegible]

Daily Journal

[illegible]