



# Gratitude

Keeping a gratitude journal focuses your attention on developing more grateful thinking. It helps us not to take things for granted. It teaches us how to look for the good in situation instead of always looking at the bad.

We spend so much of our life moaning and criticising ourselves and others. Just by focusing on what is good in your life, you can start to appreciate what you have.

A simple way of doing this is to write down 3 things a day that you are grateful for, it could be as simple as:

Fresh Air

Family

Friends

Car

Or could be a nice act that someone has done for you.

On the next page is a weekly gratitude journal, simply print out as many pages as you wish and start to fill them in, you could do it first thing in the morning or just before bed, completely up to you.



# Weekly Gratitude Exercise

Monday

1.

2.

3.

Tuesday

1.

2.

3.

Wednesday

1.

2.

3.

Thursday

1.

2.

3.

Friday

1.

2.

3.

Saturday

1.

2.

3.

Sunday

1.

2.

3.